

WomensHealthMag.com



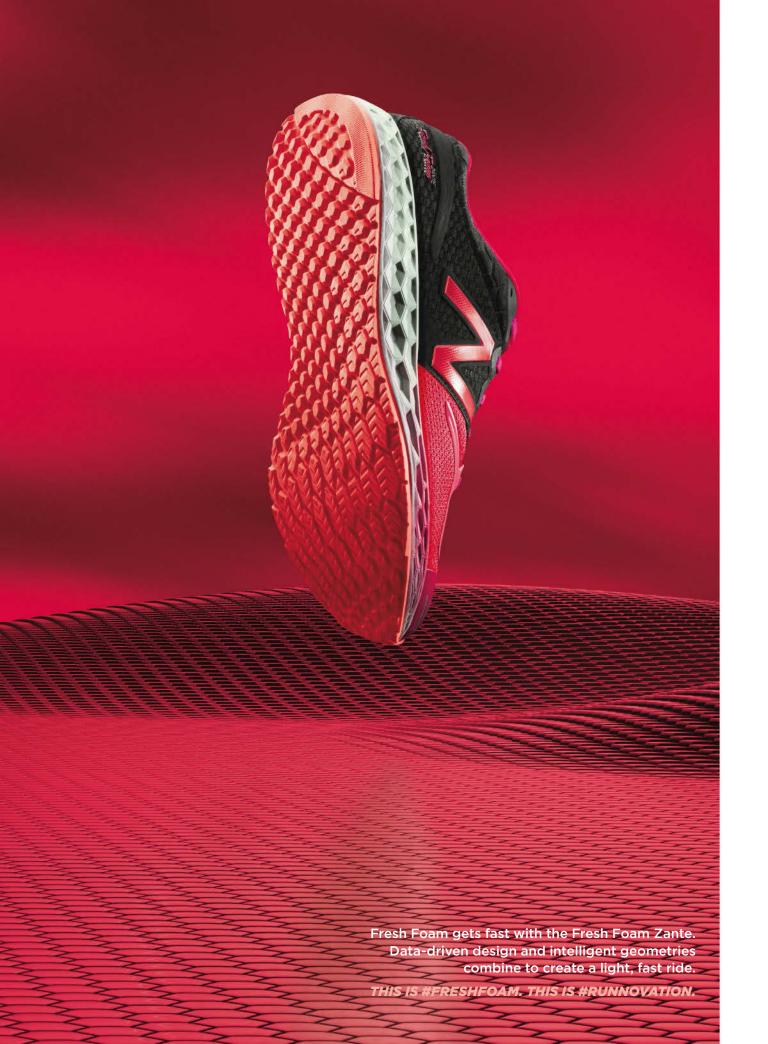


LET'S MAKE EXCELLENT HAPPEN.











#### CEMENT CAN BE

# MORE EXHILARATING

# ISTAY THE PATH

INTRODUCING

CALLA

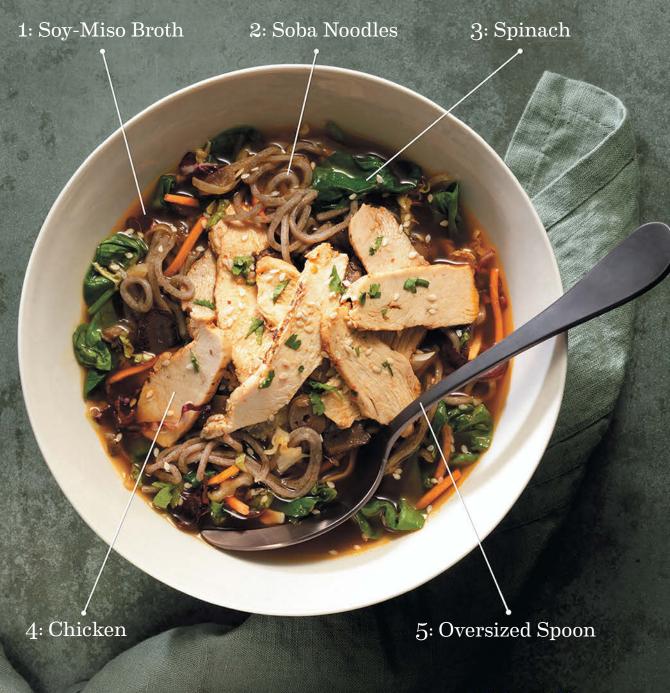
BY CARRIE UNDERWOOD



FITNESS APPAREL DESIGNED FOR YOUR LIFE

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## fig 1: Soba Noodle Bowl with Chicken An exotic blend of ingredients just waiting to be explored.



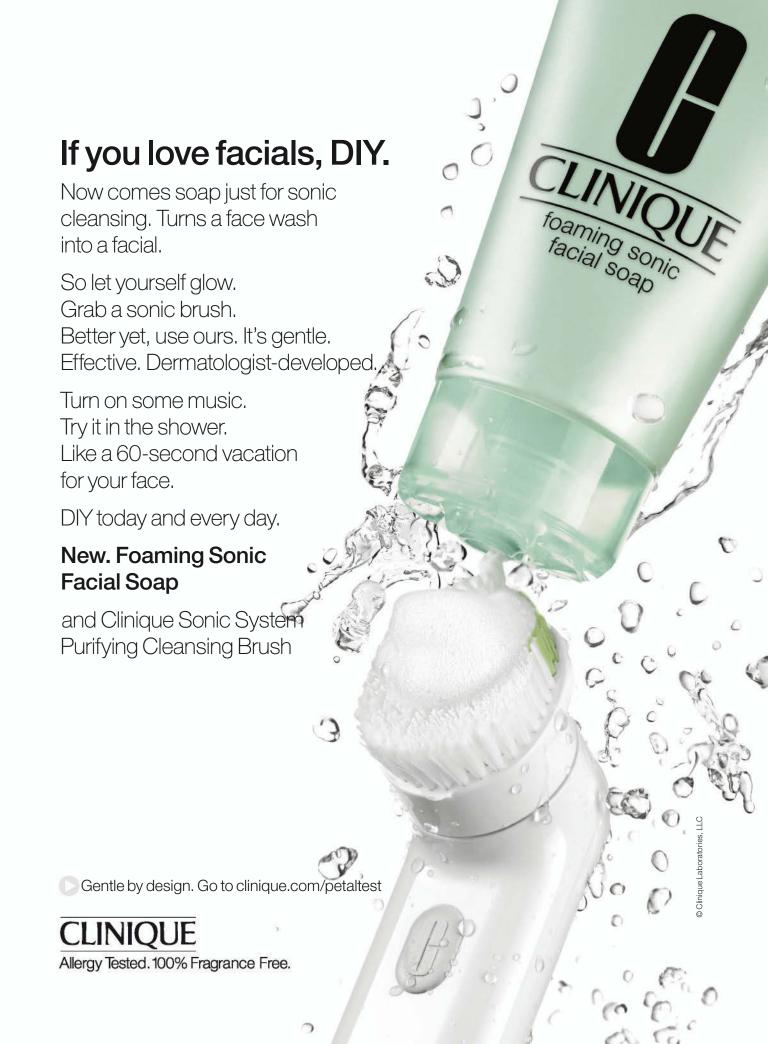
NEW BROTH BOWLS





On Our Cover Eva Mendes photographed by Ben Watts. Fashion editor: Jacqueline Azria. Hair: Steeve Daviault using Oribe. Makeup: Angela Levin using Chanel/TraceyMattingly.com. Manicure: Ashlie Johnson for Chanel le Vernis/The Wall Group. For Eva's look, try Circa Color Balance Liquid Foundation, Circa Color Focus Eye Shadow Palette in Provocateur, Circa High Definition Eyelining Pencil in Ebony, Circa Absolute Lash Icon Mascara in Extreme Black, Circa Ultrasuede Cream Blush in La Spezia, Circa Color Absolute Velvet Luxe Lipstick in Ava, and Circa Lustrous Shine Lip Polish in Electric Organza. Splendid tank, Eva Mendes Exclusively at New York & Company pants, Lana Jewelry hoops, Elias Solomon Jewelry moon necklace, Lizzie Scheck Jewelry Zodiac necklace, Vince Camuto bracelet. On subscriber cover: Splendid tank, Eva Mendes Exclusively at New York & Company skirt, Lana Jewelry hoops, Ilana Ariel triangle necklace, Bianca Pratt Jewelry "E" necklace, Vince Camuto bracelet.







800-324-1731. Printed in the U.S.A.

And now, back to the regular issue.

#### **FASHION**

#### THAT ONE THING: **SHIRTDRESS**

Breezy, simple, and universally flattering: Meet vour new uniform.

#### 48 **STUCK ON YOU**

These pieces with patches are '70s cool-and back in style right now.

#### **FITNESS**

#### 2015 SHOE GUIDE

It's not just if the shoe fits, but how it fits into your workout. Running, weight lifting, or outdoor trekking, we've got you (and your feet) covered.

#### 58 **15-MINUTE WORKOUT**

Improve your speed, memory, and focus all at once-no equipment required.

#### 60 **LIFT TO GET LEAN**

These five strength-training moves won't bulk you up. In fact, they'll trim you down.

#### **FOOD**

#### **SPRIG IT ON!**

Herbs are the new salt and pepper-but healthier. Four delish dishes with garnishes you won't want to pick off.

#### 9() **OUTSIDE THE** (DELIVERY) BOX

The chefs behind trendy shipped-to-your-door meal kits share their timesaving, flavor-building secrets.

#### **BEAUTY**

#### **SAVING FACE. AND** HAIR. AND NAILS.

Damaged strands too much sun, pluckedto-oblivion brows: Redemption is possible, and we've got the how-tos.

#### **HEALTH**

76 IN A SLUMP?

Better posture, better mood. Get in on this.

#### 80 YOUR BODY ON... **CANDY CRUSH SAGA**

Even virtual sugar can be addicting. Have you fallen

#### 14() A TWISTED TRUTH

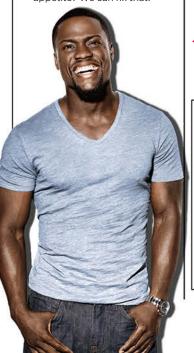
Colon cancer: the underdiagnosed disease striking young women. Protect yourself here.

#### **WEIGHT LOSS**

96

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"Diet" foods ruining your appetite? We can fix that.



Can money buy you love? The debate continues. p. 114

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This reader traded frozen dinners for fresh ingredients and lost 80 pounds.

#### LIFE

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Looking for Mr. Right? All you need is \$3,000, a DNA test, and a photo shoot. We road-test the crazy-expensive. crazy-customized new matchmaking services.

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Funny guy Kevin Hart

#### In Every Issue

14 ADVISORS Pros' top tips 16 GET MORE WH What's going on in our universe! 20 ASK ANYTHING Do you really need that smartphone insurance? Plus 10 other need-to-know answers. 27 DISCUSS! From health to sex to fitness and more, the juiciest news, most essential stats, and wow-'em convo starters this month

146 YOU: THE INSTANT **EXPERT...**on Thrift Shopping



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# HAVING A MOMENT

"WHAT'S HOT NOW?" In my 17 years as a magazine editor, this is the question I get asked most by friends. It's why we themed our annual Beauty Flip-18 pages of hair, makeup, skin, and nail awesomeness—"Having a Moment" and packed it with tips that make it easy for you to work all the right-now styles into your world. So in that spirit, thought I'd let you in on a few things that are having a moment in my life. Likewise, I'd love to hear what you're obsessing over lately. Tweet me!

**DANCING AS EXERCISE** Moving to the beat can burn four to 11 calories per minute. So when my 5-yearold son charmingly asks, "Will you dance with me, Mama?" I oblige. His musical pick-year-round-is the Christmas tune "Mele Kalikimaka." He's also a fan of "Beat It." Me too.



LANCÔME **GRANDIÔSE** MASCARA (\$32, LANCOME-USA .COM) The effect falls right between snoozy separation and Kardashiancrazy, which, for me, is precisely the goal. And the innovative angled wand lifts and opens eves like no other.

buh-bye, sheer pink

**CHANEL LE VERNIS NAIL COLOUR** IN PARADISIO (\$27, CHANEL

.COM) An iridescent pistachio with teeny-tiny silver and gold flecks, it's soft enough to wear anywhere...but so much more interesting (and surprising) than a traditional neutral



WH'S REVAMPED NEWS SECTION

In "Discuss!," we never report headlines in a been-there-readthat way. It is interactive (we turn studies into fun quizzes), takes a stand (lame advice on social media, blasted!), and makes abstract data relatable (wait till you read our juicy convo about pot, page 30).

CRAVINGS



comfy & cool

Watch out, arms: Ears are taking over as the next big layering spot. How dainty-yet-edgy

AN EAR PARTY

chic is piling a few pieces up one ear? Pretty darn chic. Shown: Zöe Chicco arrow and spiked bar stud; Ariel Gordon arc ear pin; Hirotaka ear cuff.

small but mighty

discussion attribute attas, caree and GIVE APPAREL MEANING SIDE ZIP **MOTO IN GRAY MARLED (\$112, GIVE** APPARELMEANING.COM) This yoga jacket doubles as loungewear and a work blazer (pair with a black pencil skirt and stiletto booties). With each purchase, the company donates clean drinking water to kids in need

AMY KELLER LAIRD

😈 @amykellerlaird 📘 @aklaird

Editor-in-Chief



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PUMPED-UP KICK:
THE HOKA ONE ONE
BONDI 4 (\$150,
HOKAONEONE.COM)
IS SERIOUSLY CUSH
FOR LONG-DISTANCE
RUNS. LOOK AT THAT
SOLE! FIND 18 MORE
STANDOUT SNEAKS
ON PAGE 56.

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What's the one



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"I use as many organic beauty products as I can because organic is how I eat. If I wouldn't consume it, why would I put it on my face?

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"Sunscreen, every

day. We can't defy

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#### LUST-READS

Don't even play: We know you heart romance novels. All the more reason we've rounded up the steamiest (and cheese-free) new books you've just gotta get your hot little hands on. Find 'em at WomensHealthMag.com.



## **Energize Your Cardio!** Heart-pumping routines are crucial for

torching cals, but sometimes they can feel so...blah. That's precisely why you need our most badass tricks and how-tos to maximize results, not boredom. Get the scoop at WomensHealthMag.com.

### FAST, FIERCE WORKOUTS

Instagram feed, @WomensHealthMag,

for step-by-step

instructions and

photos to master fab braids, shimmery

skin, bold lips, and

more! Just look

for the hashtag

#WHBeautySchool.

Sculpttight abs, arms, butt, thighsevery inch—in record time with our latest DVD. Women's Health The Next Fitness StarBodyBurn Series with Emily Schromm (\$28, The Next FitnessStar.com).



#### **BEHIND THE SCENES**



# ALL EYES ON EVA

Watch Mendes heat up our cover shoot at Womens HealthMag.com/Eva.

#### **#TBT: FOOD EDITION**

Remember when you thought white bread tasted so much better than whole-wheat? Oh, how things change. You'll laugh at our list of foods you hated as a kid but can't get enough of now—hit up the way-back machine at WomensHealthMag.com!





Boxing Gloves

"Boxing is insane

cardio, and it also <mark>empowers y</mark>ou. You

leave feeling tough and strong." \$40, and hand wraps, \$7,

shopeverlast.com

**Workout Bag?** Stash and dash like Shantel with Lululemon's Sweat and Go Bag, \$128 lululemon.com, and find more of her picks at WomensHealthMag .com/Celeb WorkoutBag.

We're not quite sure when the star of The CW's new series *The Messengers* has time to act: "Irun; I do Pilates, hot yoga, TRX; and I box." She prefers a big gym bag that adapts—"and hides my sweaty clothes."

Street Style: Fitness Edition

**ASHLEY JOI, 27** 

Fitness model in Santa Monica, CA

"The more vibrant, the better!" says Ashley about her exercise attire, which she rocks on longdistance runs and also to work (lucky!) on the set of exercise videos. "My sneakers add a splash of fun. I'll even wear them to breakfast with friends.

Pop exciting hues into your active lifestyle. Score the sneakers (Nike Air Zoom Pegasus 31 Flash, \$115. nike.com), and get the deets on the rest of Ashley's look at

WomensHealthMag .com/StreetStyle. Even better: Nominate a friend (or yourself) by e-mailing

WHFitnessStreet Style@rodale.com.





Readers, you're friggin' all-stars! Keep posting those food and fitness triumphs by tagging your tweets and Instagrams #WHStrong.



"Eat. Sleep. Study. Climb. Repeat. #WHStrong" -@carlybeth2



"Today I made some bone marrow brodo—basically a fancy word for broth that people are selling by the cup like lattes in NYC. Who knew one of the first things my mom taught me to cook could be so cool? #WHStrong" -@kristasimmons



"Inspired to give mermaid pose a try. Very awkward getting this selfie in the work gym. #WHStrong" -@whimsicarol

C'mon, get social with us!

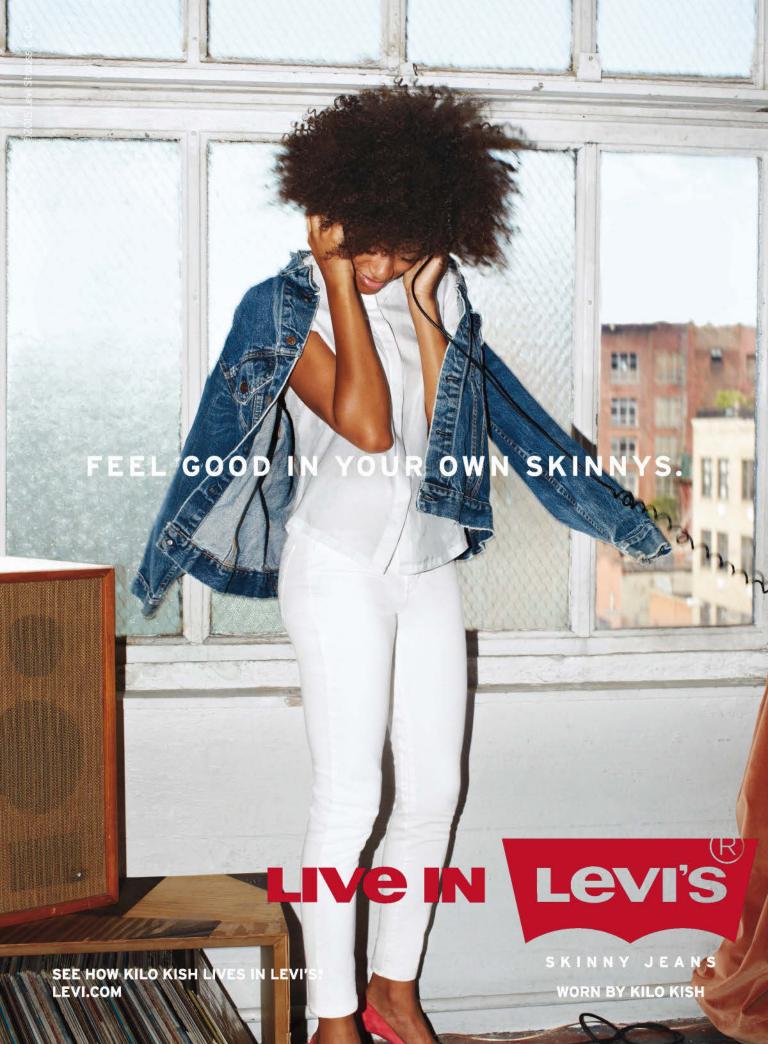












# Askanyth



FOOD

## When's the best time of day to treat yourself without blowing your diet?

-Lisa, Sacramento, CA

Whether you bag that bag of chips at noon or 6 p.m. won't make a difference to your body. That said, starting the

day on an unhealthy note may lead to unhealthy

behaviors later on. (Who goes for kale salad after a brownie?) Instead, wait until a craving strikes, then indulge you'll actually feel more satisfied.



Keri Glassman, R.D., founder of NutritiousLife.com and author of The New You (and Improved!) Diet



Rachel Cosgrove, C.S.C.S., owner of Results Fitness in Santa Clarita, CA, and author of Drop Two Sizes

#### FITNESS

Are two-a-day workouts helpful if I want to see quick results for my upcoming wedding? Or am I more likely to injure myself this way?

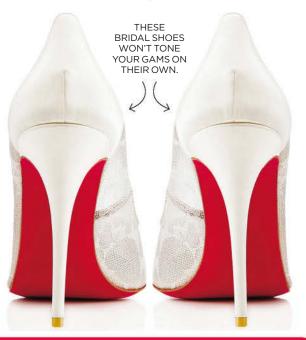
-Kim. Morristown. NJ

More isn't always more: Doing too much can have diminishing returns, depending on how much time you have left to train. If you've got more than two weeks, don't start with two-a-days yet; your body may not be able to handle that much volume and you could increase your risk for injury.

**OUR PROS ANSWER ALL** 

However, if you've been working out steadily for six to eight weeks and you're ready for a final push to reach peak shape right before your wedding, have at it. Adding in a second workout the last week or two can spike your metabolism, getting you even leaner and more cut for the big day. Just follow these rules:

- 1) Perform the higherintensity strength-training circuit in the morning, when you're fresh, Later, do lowerintensity cardio.
- 2) Take at least one complete day off each week.
- 3) Do not perform doubleheaders on back-to-back days.
- 4) Listen to your body! Recovery is different for everyone. If you are unable to lift much weight or go as hard on your second round, you have done too much and are better off sticking to one workout that day.



I STILL HAVE AN OLD PAIR OF BOOTCUT JEANS, WILL THEY EVER MAKE A COMEBACK...OR SHOULD I TOSS THEM? It's your lucky season: They're hot again. Pair with flats—sandals, Converse sneakers, or loafers—to prevent bad '90s flashbacks. philosophy: when you renew with hope, wishes come true.



## let us grant you three skin wishes

philosophy skin labs introduces our **newest breakthrough**: an all-day, lightweight skin renewing moisturizer featuring clinically proven non-stop renewal technology.

day after day, 91% of women fell in love with the feel of their skin and would recommend renewed hope in a jar to a friend.\* here are the skin wishes they saw fulfilled:

- 1. refined texture with visibly smaller pores and fine lines virtually lifted away
- 2. soft, dewy smoothness, comforted by instant and all-day hydration
- 3. re-energized healthy color and glow that lasts up to 3x longer\*

# philosophy

of all philosophy product sales supports community-based mental health efforts.

hope&grace

join us at philosophy.com and facebook.com/philosophy

get the skin you wish for at Ulta, Impulse Beauty at Macy's, Dillard's, Von Maur, Belk and philosophy.com



Farnoosh Torabi, personal finance expert, author of When She Makes More, and creator of SoMonevPodcast.com

Do you really need the

try to sell you

smartphone?

Or is it a waste

Truth is, these plans are riddled with fine print. Depending on your particular insurance,

you might or might

not get replacement

coverage if you leave

your phone on a plane or

drop it in the tub while

giving your son a bath-

all things I've done, by the way. (One company won't cover repair costs if "vermin" damage

your cell. True story.)

pay a deductible, then receive a refurbished replacement—not a new model. Unless you're

Plus, you usually have to

prone to losing things or

way to protect yourself is

to keep your old phone each time you upgrade, and reactivate it if you

need a stand-in.

shattering your screen,

insurance is a waste. A

better-and cheaper-

-Jasmine, Philadelphia, PA

with your

of cash?

insurance they

MONEY





uy Next Door Clint Carter



Clint is a senior associate editor at Men's Health; Faye is WH's senior associate editor. Here, they Gchat their way to solving your relationship probs.



My boyfriend's mother is super clingy with him, and it's cramping our relationship. Any tips? —Samantha, Portland, OR

#### **GUY NEXT DOOR**

I'll start by saying: Proceed with caution! A guy who's close to his mom doesn't want to hear that she's a problem. She's been there for him his entire life, after all. How long have you been there?

#### GIRL DOWN THE HALL

Right. But what if she's trying to meddle in your relationship or sway him against you?

#### **GUY NEXT DOOR**

Then frame it as such: "I love your mom, but I'd like to keep our time between us." If he's taking her calls while you two are on dates, don't blame her. That's on your boyfriend. I certainly wouldn't throw my GF under the

bus. "Ma, I love you, but you're killing my game."

GIRL DOWN THE HALL I like that—and it would take pressure off my shoulders as your girlfriend. (Not that I want to be your girlfriend, Clint. Easssy!) Perhaps the best solution is the unexpected one: Get close with his mom. She may ease up more if she trusts you.

#### **GUY NEXT DOOR**

Absolutely. If you can't beat her (and let's be honest, you probably won't), join her.

#### GIRL DOWN THE HALL

Ha, yes! That way, you can both run your guy's world. P.S. This totally reminds me of *The Mindy Project*, when Mindy starts dating Danny and has to adjust to his always-around mother. Mindy? Is that you?

BOTTOM LINE: A guy's bond with his mom is unlikely to change, so all you can do is tread lightly and kill her with kindness. (Not literally!)

I HAVE AN INFORMATIONAL INTERVIEW WITH A FRIEND OF A FRIEND AT A COFFEE SHOP, SHOULD I PICK UP THE WHOLE TAB? On a date, the one who did the asking usually pays (or at least offers), right? Same rule applies here.









Francesca J. Fusco, M.D., assistant clinical professor of dermatology. Mount Sinai School of Medicine

#### SKIN

#### Will a mole grow back after the doctor removes it?

—Marla, Kansas City, MO

Unfortunately, it may, if there are remnants of the mole unintentionally left in your skin; those cells can develop into a new mole. This is more likely to happen if your moles are "shaved" off rather than excised (meaning they're cut out completely). Important: Always have your removed moles tested for cellular abnormalitiesthese may indicate you are at risk for a cancerous growth and should have the mole area monitored regularly to protect yourself.

#### FERTILITY

#### Can the lube you use affect your ability to conceive?

–Andrea, Sorrento, ME

Yep. Many lubricants are laden with spermicide; even common ones that aren't. including Astroglide and K-Y Jelly, are water-based products, which have been shown to slow down sperm movement in the vagina. Lubricants with a hydroxyethyl cellulose base-like Pre-Seed and ConceivEase-are fertilityfriendly, though: They allow faster movement of the sperm. Mineral oil and canola oil can also serve as lubricants when trying to conceive.



Sheeva Talebian, M.D., reproductive endocrinologist and fertility specialist at Reproductive Medicine Âssociates of New York



#### MIND & BODY

Vicky Vlachonis, M.Sc., OST,

When I'm pissed off, I tend to hold it in. Could that affect my health down the road?

—Lara, New York City

Not just down the road. Right now! Anger jacks up the sympathetic nervous system: Blood pressure rises; breathing gets shallow; adrenal glands release norepinephrine, the "fight" hormone. Cave to polite society by squelching those feelings, and your adrenals squirt out cortisol, which can add toxic belly fat, clog arteries, and increase blood sugar. Solution? Fess up to being pissed. Write down rebuttals you wish you'd given and tear up the paper. Then work up a sweat, take a steam. finish with a cool shower. Feel better?



#### Do people generally unfollow other people on **Instagram and Twitter** who use too many hashtags? #blessed **#love** #askingforafriend

Yes! It's not bitchy; your unfollowing friends are doing your hashtagging self a favor. Using 20 hashtags is the digital version of wearing pink sweatpants with "HOTTT" on the butt: Unless you're 16, you're making a fool of yourself. Sign up for Monster.com or Pinterest, because you may need a job and/or hobby. #TOUGH #LOVE



Whitney Cummings, comedian, writer, and cocreator of 2 Broke Girls

#### WE'RE SERIOUS: ASK US ANYTHING!

Send your questions to askanything@rodale.com or tweet them to @womenshealthmag with the hashtag #AskWH.

DOES SALT REALLY MAKE WATER BOIL QUICKER?

It does—but the amount you'd need would make your pasta saltier than Chelsea Handler after a few vodka sodas. Try putting a lid on the pot instead.

# FUEL METABOLISM & LEAN MUSCLE



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#### STRIKEITRI

Okay, so this takes "the dewy look" to another dimension: More brands are spiking their makeup with exotic oils. And it's kind of amaze. Several plant- and fruit-based oils offer anti-inflammatories for skin, as well as conditioning benefits for lashes and lips, says cosmetic chemist Ron Robinson, founder of BeautyStat.com. Three to try:

 Jouer Age-Repairing Perfector, \$36, jouercosmetics .com. Made with arnica oil (and green tea leaf extract), this concealer-foundation hybrid is creamy and lightweight, and with 10 shades, there's one for every tone

Josie Maran Argan Black Oil Mascara, \$22, at Sephora Argan oil coats and softens ashes for a more natural lookwithout sacrificing the longevity ou expect from traditional inks.

3. Yves Saint Laurent Volupté Tint-In-Oil, \$32, yslbeautyus.com. Each of the eight sheer lip hues is infused with a cocktail of oils (apricot kernel, coriander fruit, jojoba seed, and passion fruit) to cushion your pout in hydrating, nontacky co

# STING-FREE HAIR COLOR

[BEAUTY-EDITOR INTEL]

What WH's editor-in-chief, Amy Keller Laird, learned at the Nunzio Saviano Salon in New York City:

"As a former beauty editor, I thought I'd heard it all," says Keller Laird. "But then colorist Stephanie Brown shook Sweet'N Low into the dye before applying. The sweetener's saccharin and potassium bitartrate can help neutralize the possible burning effects of the ammonia. At home, add one packet to the bottle before mixing."

FINALLY!

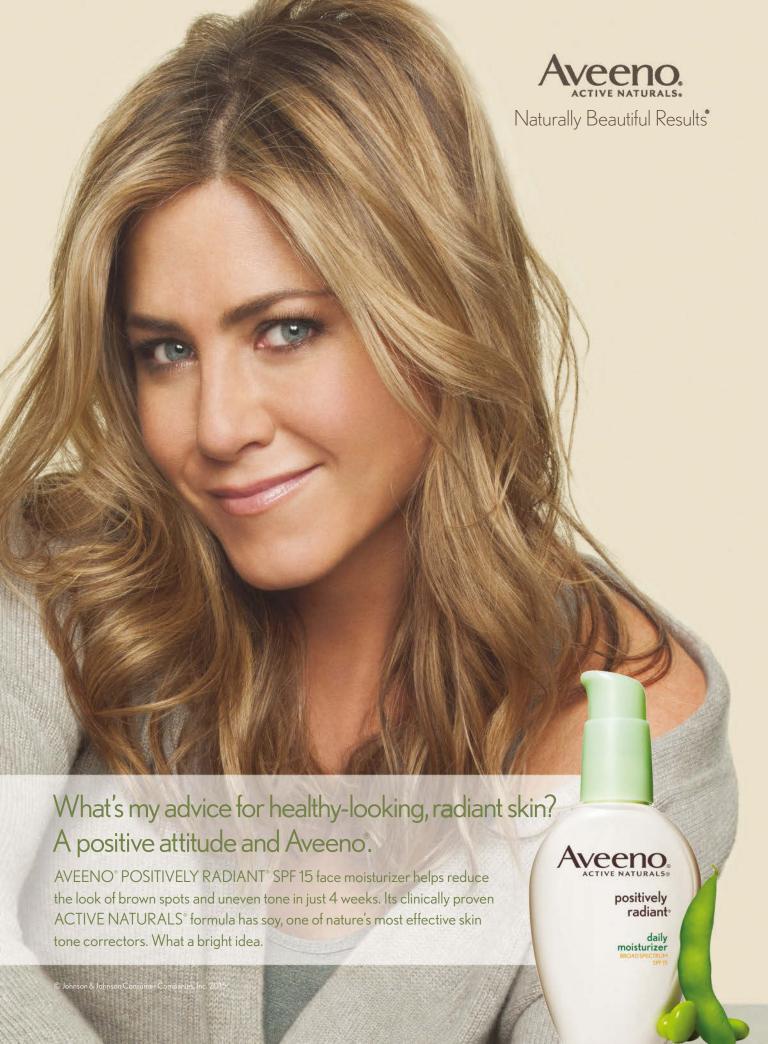
#### Deo That's Clear <u>and</u> Comfy

Solids go on dry but can leave streaks. Clear gels? Invisible but slimy. Sprays are typically cold, wet, and weird. But not this new one: Dove Dry Spray Antiperspirant (\$5.49, at drugstores) goes on like a transparent powder and is the most barelythere formula we've tried. (Only thing that gives it away? The fresh scent.) Shake the can, spray it six inches from your skin, then shimmy into that LBD without worry.

#### Your Fanny or Your Face?

We asked that question in our October 2010 issue, when many derms noticed their fittest clients had older-looking complexions. Well, hold onto your collagen! Exercise might help keep both sets of cheeks firm. According to a study by McMaster University in Canada, women over 65 who worked out at least two hours a week for three months had the skin composition of someone 20 to 30 years younger. Researchers credit myokines—growth factors that hard-working muscles pump into the bloodstream, where they help benefit skin all over. Off to the gym!





# ealth

# seeing

Hey, Lazybones: Don't fall asleep in your contacts. Doing so makes you up to five times more likely to develop keratitis, an infection that can cause pain, inflammation—even blindness. The condition sends nearly 1 million people to the E.R. or a doc every year, according to a new report. If you don't have daily disposables, read these tips, rinse, and repeat.

1/Clean them! Many peeps go straight to soaking, but rubbing and rinsing with lens solution is the best way to ward off infection.

2/Don't run your contacts under water or handle them with wet hands.  $H_2O$  contains a tiny organism that can cause keratitis.

3/To keep bacteria at bay, clean your case with lens solution daily and replace it at least every three months

4 / Never reuse solution; it can be contaminated with germs from the lenses, which can make disinfectants ess effective.

#### **Diabetes Breakthrough**

In a discovery being called a giant leap forward, scientists have figured out how to turn stem cells into insulin producers. What this means: The 3 million Americans with type 1 diabetes may be able to ditch the daily injections that keep their blood sugar in check. Researchers hope to start human trials in three to four years.



#### LET'S TALK ABOUT...

POT

#### Four states have legalized marijuana. Cool to roll the odd blunt?

You may be in the clear legally, but it could come with a host of health ails.

#### Like what?

Well, pot smokers may have problems nodding off and staying asleep.

#### I could live with that.

There's more. In animal research, females had more anxiety after exposure.

#### Ugh. What if I whiff it from a friend's joint?

Not great. Just 30 minutes of secondhand marijuana smoke lowers blood vessel function—which can up your risk for heart attack and stroke.

#### Whoa, Debbie Downer!

It's not all bad. If you do light up, you may not get the munchies as badly as your guy, some research suggests.

#### **Shut Up and Drive**

Texting behind the wheel? Dangerous. But new research finds that voice-controlled technology has considerable risks too. Designed to reduce distractions, these devices and apps may actually create them. Drivers who used such features took longer to brake, missed more lights, and had more crashes. "These features simply divert your attention from the road," says researcher David Strayer, Ph.D. So no exceptions: Pull over or get to your destination before you tackle that to-do list.





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Skechers GOwalk, built from the top to the bottom with lightweight and flexible materials that allow your foot to flex and move naturally. It's the perfect walking shoe.



# food

PERCENTAGE DECREASE IN RISK FOR DEATH FROM NONCARDIAC CAUSES AMONG PEOPLE WHO DRANK ONE TO FOUR CUPS OF TEA A DAY, COMPARED WITH JAVA HEADS. THE TAKEAWAY: TEA DRINKERS ARE LESS APT TO SMOKE AND MORE LIKELY TO EXERCISE, AND THEY TEND TO HAVE HEALTHIER HABITS OVERALL. REASON ENOUGH TO RAISE A GLASS OR TWO OF CHAI.

### HOW SAFE IS IT?

### **BROWN RICE**

It's loaded with fiber. magnesium, and-gulparsenic? Recent Consumer Reports testing found that, compared with white varieties, brown rice contained 80 percent more of the chemical, which could up your risk for heart disease, cancer, and type 2 diabetes. Your move: Rinse grains thoroughly before cooking to slash the arsenic content by up to 30 percent, or choose brown basmati from California, India, or Pakistan (origin will be on the label); all had about a third less arsenic than other brown types.

### broccoli leaves

### MISSING INGREDIENT

Move over, kale! This part of the cruciferous veg has about as much calcium as a glass of skim milk, is packed with vitamins A, K, C, and folate, and tastes less bitter than other greens like collards. Blend into juices and smoothies, fold into omelets, or just sub in for traditional lettuce in salads. Try BroccoLeaf from Foxy Organic (thebroccoleaf.com).

CLOCKWISE FROM TOP RIGHT; RAWAN HUSSEIN/ALAMY; VICTOR PR PROP STYLING; ANGELA CAMPOS/STOCKLAND MARTEL; TRUNK ARC

Source: European Society of Cardiology Luvo Quinoa Crunch Wrap Snack Box (vegetables, quinoa, and blackquinoa, and black rice salad in a spinach flaxseed tortilla) Protein Platter (hard-boiled egg, smoked Gouda and pepper Jack cheeses, and grapes) Protein Platter snacks on a x Prepare for departure...from sad bags of mini pretzels. Airline food is getting yummier and, in many cases, healthier, according to Charles Platkin, Ph.D., founder of Diet Detective.com, who's box (organic crackers, olives, analyzed in-flight eats for 14 years. Some of his picks on popular carriers: and raisins) Mediterranean Tapas Picnic Pack (multigrain chips, almonds, apricots, and dark chocolate) 34

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385 mile: L1LLoz.



# tness

### **BUFFOR BLUFF?** THE TRUTH BEHIND THE TRENDS

### **TREADMILL CLASSES**

**BUFF!** Consider them the antidote to the "dreadmill." Like cycling, these instructor-led sessions will have you working through speed and incline intervals to torch calories. **The group setting is more motivating than** slogging away solo, and the intervals themselves can amp your fat burn, says exercise physiologist Darryn Willoughby, Ph.D. Try Equinox's Precision Running class, which caters to all fitness levels.



PERCENTAGE MORE STEPS PEDOMETER **USERS TOOK** EACH DAY THAN NONTRACKERS. THOSE WHO LOGGED THEIR TIME ALSO **HAD LOWER** BMI'S AND BLOOD

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### Proper Stretching

Don't believe everything on your feed! Latest offense (from a trainer, no less):

"Warm up for at least five minutes, then stretch all of your muscle groups. Hold each stretch for 30 beats. #FitTip"

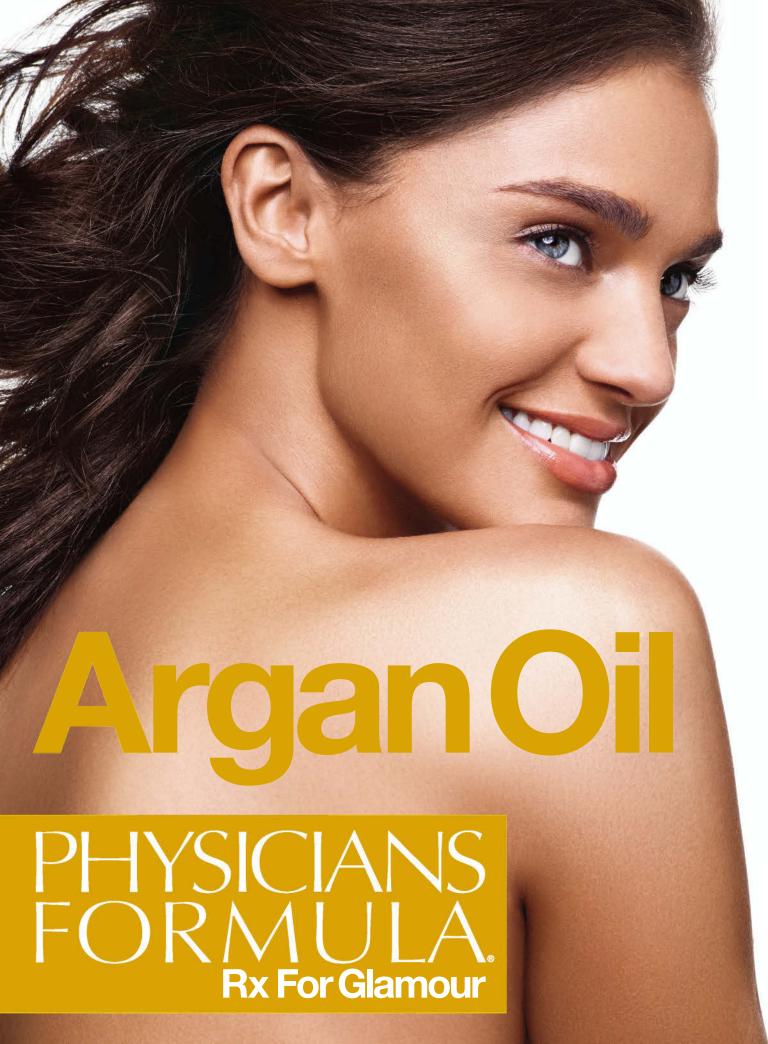
True, a low-intensity warm-up (say, pedaling on a stationary bike) can help loosen muscles and joints. But the 30 beats part is a bit off. In fact, many studies note that traditional stretching can reduce strength and speed. A better bet: dynamic stretching, which involves controlled movement without stopping in any single position. Think five minutes of jumping jacks, slow-motion mountain climbers, and arm or lateral leg swings.

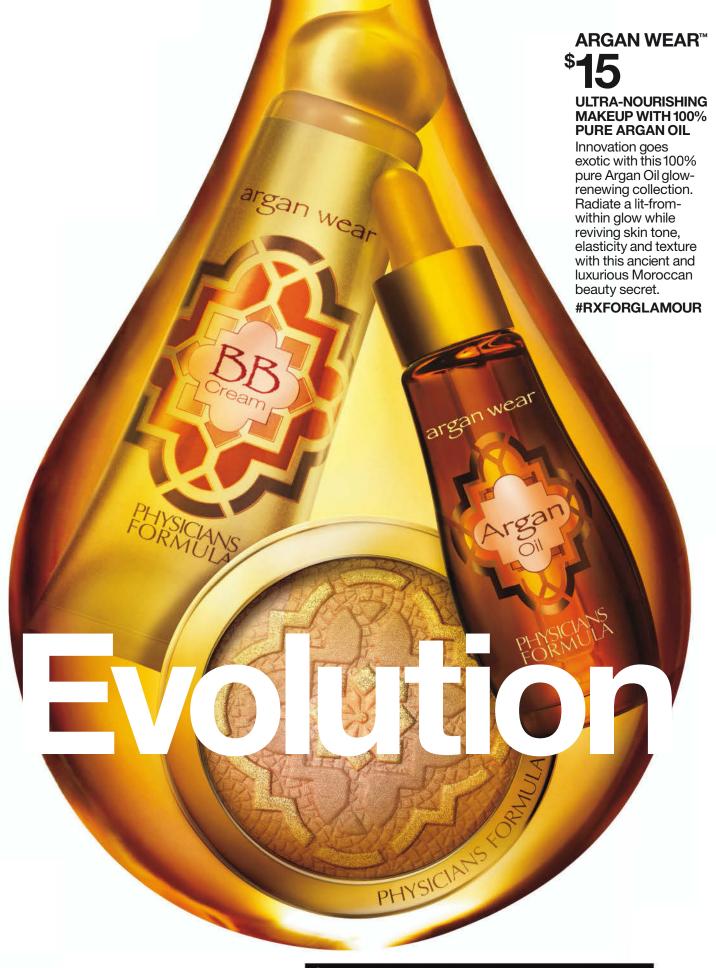


OH, SNAP! YOUR STRETCH MIGHT **WEAKEN YOUR** WORKOUT

**Rack your brain** pre-workout and you might rack up fewer reps at the gym. According to research in the Journal of Sport & Exercise Psychology. mental challenges deflate our willpower to push through physical ones. In the study, people who had just vegged in front of the TV ran faster than when they had participated in a mind-numbing computer test. If you can't sweat in the a.m.—when your brain is more of a blank slate—take a mental break for five to 10 minutes before lacing up. We'll be over here watching stupid cat videos.







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And Hair

And Nails.

A little too friendly with your tweezers?
Practically Facebook-stalking your gel manicurist?
When you've sinned against the beauty
gods, the results can be less than pretty.
But redemption is just a page away.

By Caitlin M. Kiernan

PHOTOGRAPH BY ARTHUR BELEBEAU

AAREO SUZUKI USING KEVIN MURPHYI.&A ARTIST, MAKEUP: KEIKO TAKAGI USING DIORSHOW/ART DEPARTMENT, AANICURE: YUKI MAKISHI FOR PRITINYC/RONA REPRESENTS, PROP STYLING: SONIA NIKI/ARTMIX CREATIVE

Martha Stewart was once a jailbird, yet we still love her towels. Monica Lewinsky, brave girl, is now a TED-talk activist. And Ben Affleck went from train-wreck Gigli to Oscar-winning Argo.

So you've got botched brows? Girl, please. If there is salvation for life's bigger traumas, it surely exists for beauty offenses. Let us explain.

### THE SIN:

You're addicted to gel manicures.

### THE CONSEQUENCES:

What gel manis giveth in time (two weeks of nonchip color!), they taketh away in nail health (peeling and cracking). The acetone and scraping often used to remove this super-sealed polish can damage the nail matrix, which can take up to six months to heal, says Dana Stern, M.D., a dermatologist and nail specialist.

### **REDEEM YOURSELF:**

If you have dramatic peeling, quit all polish for at least two weeks (the drying chemicals make nails fragile). To help bond the layers of the nails, brush on a strengthening base coat that's packed with protein and calcium, like Sally Hansen Double Duty Base & Top Coat (\$4, at drugstores). No need to give gels up for life. Save them for special occasions when you can't bear a chip.

### THE SIN:

Motherplucker! You've gone tweeze-crazy. THE CONSEQUENCES:

Hev. hair grows back, right? Yeah, until it doesn't. Chronic overplucking can cause "trauma, inflammation, and

damage to the follicle, which may prevent future growth," says

dermatologist Francesca Fusco, M.D.

### REDEEM YOURSELF:

Fatten anemic arches by filling in bare spots with an eyebrow pen. The latest and greatest: Stila Stay All Day Waterproof Brow Color (\$21, stilacosmetics .com), whose tip deftly brushes in lines that mimic individual hairs. Dermatologist Doris Day, M.D., often prescribes Latisse, the lash-growth treatment. In about a month, even puny brows "can come back quite bushy," she says. Or you can try brow extensions. Similar to lash extensions, the brow version attaches human or synthetic hairs individually using surgical adhesive. You'll spend up to \$100 and an hour in the chair.

### THE SIN:

You dve your roots every two weeks. Gravs are like weeds, yo.

### THE CONSEQUENCES:

Highlights get a bad rap as the number one villain of the color world, but overusing or misusing permanent, singleprocess dyes can be just as damaging. When new dye at the roots overlaps with existing color, it can cause unattractive tonal bands; plus, ends that are

colored too often may appear muddy and flat. Translation: Hair can break off at roots and ends. Good times.

### **REDEEM YOURSELF:**

Avoid permanent color for a month to let hair rebound. Mask wirv gravs with a gentler demi-permanent color, like Clairol Natural Instincts (\$8, drugstore.com). Also, get a color-application brush from a beauty supply store. "It gives more control so you don't overapply," says hairstylist Jeanie Syfu.

#### THE SIN:

That deep tan you got in '02.

### THE CONSEQUENCES: Don't remember it? Your skin

does, and it's pissed. Just look at

the constellation of spots and

wrinkles on your chest. Worse: Precancers could be lurking. **REDEEM YOURSELF: Have** a derm check things out, and promise us you're using SPF, 'k? Now on to the superficial: "Hydroquinone and retinoids are effective at fading mild spots," says Fusco, who likes prescription Tri-Luma cream. Topicals can take two months to yield subtle changes. A faster fix? Fractional laser resurfacing. "I do ablative and nonablative fractional laser resurfacing, sometimes in combination with chemical peels. The results can erase years of sun damage in hours,"

says dermatologist Ellen Marmur, M.D. It'll set you back about \$700 to \$1,500 per appointment.

### THE SIN:

Your flatiron is your BFF for life.

### THE CONSEQUENCES:

High heat is actually a frenemy. It polishes hair in the moment, but long-term, it can strip away moisture. Plus, all that tugging often leads to breakage. "Irons are the most damaging hot tool because they have direct contact with the hair," says Syfu. And the heat is unholy (often sizzling to 450°F).

### **REDEEM YOURSELF:**

Get a trim to remove split ends. and crank up the hydration with oil-based products. Run Oribe Gold Lust Nourishing Hair Oil (\$48, oribe.com) through damp hair; its blend of argan and cassis seed oils conditions and protects locks against heat.

This is the hard part: Try to limit your flatiron seshes to four days a week, tops. And invest in one that lets you adjust the temp, such as Harry Josh Pro Tools Ceramic Styling Iron (\$250, dermstore.com). When exposed to anything

to dry up and snap. Not fun! ■



Nourishing Hair Oil

### MINOR OFFENSES

Nothing to see here, folks. These probs have an instant Rx.

### ▶ Puffv from Injectable Overload

Ugh, you have trout pout. An injection of Vitrase (a protein enzyme) can turn most hvaluronic-based fillers into water. Costs range from \$150 to \$750.

### ▶ Blotchy from Self-Tanner

If the color hasn't dried yet, scrub the spot away with a tanning mitt, like Vita Liberata Tanning Mitt (\$6.50, sephora .com). If the dye has set, try The Bronze Buffer (\$10, www.

bronzebuffer.com). a sponge that, when wet, removes streaks.

### Red from a Peel

A gentle topical corticosteroid, such as Cortizone 10 Intensive Formula (\$6, drugstore.com), will reduce swelling and redness.





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# best DOCLY

Women's Health 2015
SINGLE STATE OF THE STAT

RUNNING YOUR FIRST 10-K. TREKKING UP A MOUNTAIN. SETTING A NEW PERSONAL RECORD. WHATEVER'S ON YOUR WORKOUT TO-DO LIST, YOU SIMPLY CAN'T KICK ASS WITHOUT TAKING THE NAMES OF THESE SNEAKERS. OUR HANDBOOK WILL HELP YOU STEP UP YOUR GAME—AND LEAVE EVERYONE ELSE EATING YOUR DUST.

ву jen ator / рнотодкарн ву arthur belebeau

### Women'sHealth 2015 Sh race Guid

### LONG DISTANCES

Many racing shoes strip away extra cushioning that can slow you down. This debut blends the support of a traditional (but often bulky) stability sneaker with the spring-like bounce vou need to power through a marathon. Newton Kismet, \$129. newtonrunning.com



Skechers Performance GOMeb Speed 3, \$120, skechers.com

### TRIATHLONS

This shoe's quick-lace system means a faster transition from bike to run, while its seamless design helps prevent blisters. Zoot Ali'i 14, \$130, zootsports.com





### explore



MITCH MANDEL/RODALE IMAGES

### ALL-WEATHER ACTION

Quick-drain holes in the midsole mean this shoe can take you up a creek or down a river—or simply keep your feet from getting soggy on rainy hikes.

Eddie Bauer Flash Amphib, \$100, eddiebauer.com

### ADVENTURE TREKS

Thanks to the extragrippy Vibram outsole, you can swiftly pivot from mud run to mountain climb (and everything in between).

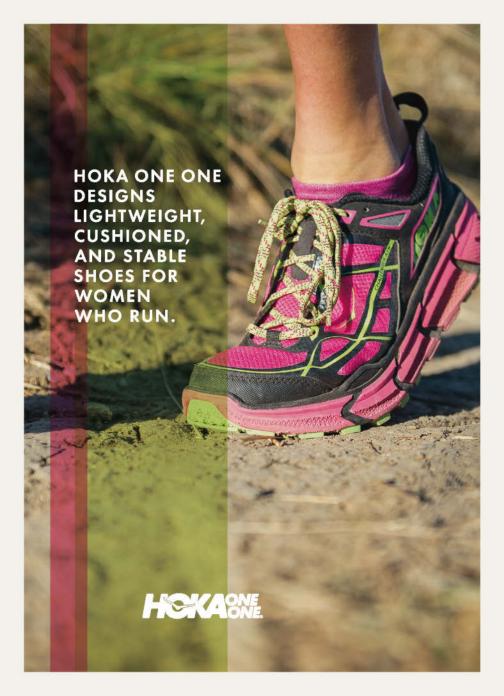
The North Face Ultra Cardiac, \$110, thenorthface.com

### FAST TRAIL RUNS

Two ounces lighter (yet with more cushioning), this update has a removable rock plate that can protect your feet from sharp stones—or be slipped out when tackling smoother ground.

Altra Superior 2, \$110, altrarunning.com











### BONDI 4

Step into the Bondi 4 to experience the unmatched combination of performance cushioning and comfort you've been looking for. With a low heel drop and a new upper, the fit and ride will get you through your run and beyond. This is the ideal shoe for women runners who are looking for an ultracushioned and stable ride, while maintaining comfort and managing impact.

#### CLIFTON

Quite possibly the smoothest riding shoe that a lady can find, the Clifton offers incredible cushioning at an almost impossible light weight of 6.6 oz. Our unique design allows a woman's foot to land softly and roll smoothly into the next stride. The stripped down upper leaves no extra weight for you to carry on your daily escape.

### CHALLENGER ATR

When you want to have a relationship with dirt, gravel, pavement, and stone, the Challenger ATR is your shoe. Built light but sturdy with an aggressive outsole, this all-terrain running shoe invites you to tackle any surface out there. The design encourages a smooth transition from step to step, making for a fluid ride.





### WH Shee Guide 2015



### MILEAGE CHASERS

Drop the baggage. This weighs an ounce less than its predecessor (impressive in the lightweight stability category), creating a faster, more flexible ride.

> Asics Gel-DS Trainer 20, \$120. asicsamerica.com

### INTERVAL SPRINTS

Say "see ya" to foot pain as you shift speeds: This firm-vet-swift sneaker disperses ground impact with its signature wave plate.

Mizuno Wave Hitogami 2. \$100, mizunorunning.com



Talk about an assist: This shoe boasts a proprietary foam that delivers unparalleled spring so you expend less energy with every lap. Adidas Ultra Boost, \$180.

adidas.com

### WHEN IN DOUBT...

Runners raised hell when the Launch was discontinued in 2012. Brooks returned the trainer with an improved groove under the heel that adapts to any landing style. Brooks Launch 2, \$100.

brooksrunning.com



### BOOT CAMP

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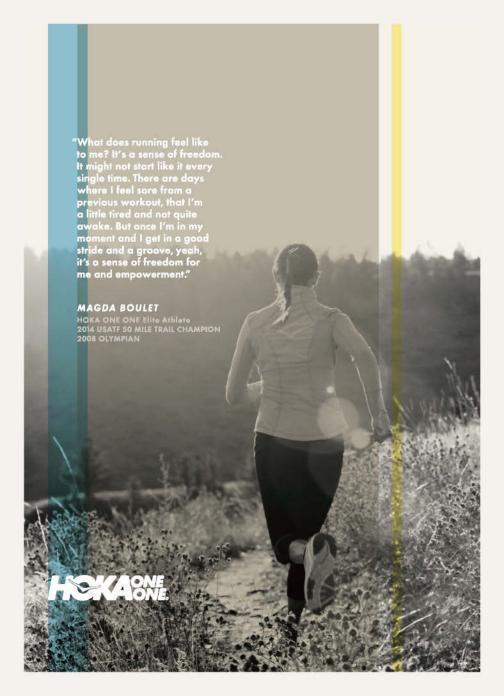
> Puma Pulse XT Geo. \$70. puma.com



### GYM CIRCUITS

Extra-durable rubber in high-wear zones (think toes and outer heel) makes these running shoes ideal for multitasking at the gym. Nike LunarTempo.

\$110, nike.com



# PONYTAIL EXPRES THEY'RE COMING RIGHT AT YOU. WITH A HEAD FULL OF STEAM. YOU CAN GET ON BOARD. OR STEP ASIDE AND LET THEM THROUGH. LET'S GO.

### **MINUTE WORKOUT** TURBOCHARGE YOUR SLIM-DOWN

Move faster—and blast more calories—with this get-nimble, getquick routine.

Hey, sport-agility drills aren't just for running backs and border collies. In fact, they're a crucial part of any workout plan. Being able to start, stop, and change direction quickly builds stamina and sculpts insane, look-at-me legs; it may even help improve your memory and focus.

The explosive moves you see here are designed to make that good stuff happen. Oh, and they'll send your fat burners into overdrive, savs EXOS performance coach Joel Sanders, who created this routine. "More movement equals more calories burned, making these exercises ideal if you're crunched for time," Sanders explains. Even better: They're mentally stimulatingsomething you don't get with the typical squat or lunge.

Two or three times a week, perform these moves as a circuit. Starting with the first exercise, do as many reps as you can in 20 seconds, then rest for 20 seconds before proceeding to the next exercise. Rest for one to two minutes at the end of the set. Complete up to five total sets.

-Caitlin Carlson



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THE BREAKFAST BAR



### GOBLET SQUAT

WHY IT'S PERFECT FOR YOU: This squat variation (my hands-down fave!) hits your quads like most others but also focuses on the glutes, hamstrings, and corestabilizing muscles, which tend to be weaker in women.



Stand tall with your feet shoulder-width apart, **Do It** holding the end of a dumbbell against your chest with both hands (a). Bend your knees to allow your hips to drop straight down until your thighs are at least parallel to the floor, keeping your chest lifted (b). Pause, then press into your heels to stand.

### THE PERKS OF THE GYM

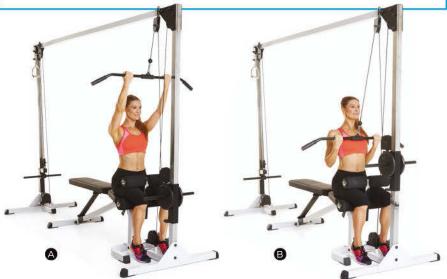


Don't already belong to one? You might want to reconsider. Some of the moves that work best for women require machines (like the Reverse-Grip Pulldown) or barbells with a variety of weight plates to keep you challenged (like the Bent-Knee Deadlift). Having access to a health club (it doesn't have to be fancy) can help you reach your hot-bod goals even faster.

PERKINS SAYS YOU NEED FIVE **EXERCISES FOR THE SICKEST** RESULTS. WE'RE PUTTING THAT PROMISE TO THE TEST! FOLLOW #GIMME5CHALLENGE ON TWITTER FOR PROOF-AND TO PLAY ALONG, TOO.

### REVERSE-GRIP PULLDOWN

WHY IT'S PERFECT FOR YOU: These moves blast bra bulge, tightening up the area around your  $under arm\,without-and\,this\,is\,key-creating\,width\,or\,bulk.$ 



Grab the bar at a lat pulldown machine with hands shoulder-width apart and palms facing you, then sit with your knees securely anchored under the leg pads. Lean back slightly and fully extend your arms without locking the elbows (a). Keeping your chest lifted, bend your elbows and pull your shoulder blades together to bring the bar toward your body (b). Pause, then slowly reverse the movement to return to start.

### BENT-OVER BARBELL ROW

WHY IT'S PERFECT FOR YOU: The underhand grip tones biceps and creates sexy



Grasp a barbell with *Do It* your hands shoulderwidth apart and palms facing out. Separate your feet by two to four inches and allow your arms to hang down toward your knees. Bend your knees and push your hips back until your hands are in front of your knees. Keep your abs strongly engaged and slightly arch your lower back (a). Bring your shoulder blades together and pull the bar toward you until it almost touches your torso just above your navel (b). Pause, then slowly lower the bar back to start.

NUMBER OF POUNDS OF FAT LOST IN TWO MONTHS BY WOMEN **WHO BEGAN** STRENGTH TRAINING A FEW TIMES A WEEK

Source: American College of Sports Medicine



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### BENT-KNEE DEADLIFT

WHY IT'S PERFECT FOR YOU: The deadlift tones the entire body, but it's designed to work your "pulling" muscles (think back and lats), which women often neglect.



### **WALKING LUNGE**

return to start, keeping the bar close to your body.

### WHY IT'S PERFECT FOR YOU:

Women are more prone to knee injuries  $than\,men\,are,\,partly\,because\,we\,have$ wider hips, which creates a lower-body alignment that can stress joints. Lunges help strengthen your quads,  $which, in turn, stabilizes \, the \, knee \, and \,$ protects against pain.



Grab a pair of dumbbells **Do It** and stand tall with your feet together, keeping your shoulders back and down and knees slightly bent (a). Take a large step forward with your right leg, landing on your right heel, then bend both knees to lower until your front thigh is parallel to the floor (b). Pause, then push through your right heel to stand. Immediately step forward with your left leg and repeat the movement. Continue alternating legs as you move forward.

### THE LAST TWO



No matter how many reps a workout calls for, the last two are the most important. The only way your muscles can grow is if they are challenged with progressive resistance. During those final two reps, you'll build micro-tears in your muscles that create actual change in your body. If I were observing you, I would want to see you struggling a bit—not falling apart and wincing in pain, but having a tough time maintaining proper form. Basically, working hard enough to hit that toning breakthrough zone, but not enough to risk injury.

......



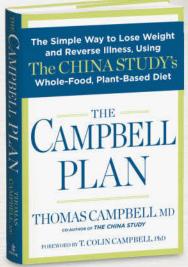
Women's Health Lift to Get Lean: A Beginner's Guide to Fitness and Strength Training in 3 Simple Steps, by Holly Perkins, C.S.C.S. (Rodale, April 2015). Available wherever books are sold.

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### WOMEN'S HEALTH 2014 NEXT FITNESS STAR WINNER EMILY SCHROMM

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For over 20 years, EAS has been developing sports nutrition products to help you reach your fitness goals.

Join the team, dream big, nail your goals and get incredible results.



### EMILY SCHROMM: 10 FITNESS TIPS

### COMMITMENT

Treat working out like you would an important appointment...it is!
Commit to yourself and your goals.

### **TONE UP**

Don't be afraid to lift weights.

Gorgeous tone means strong muscles.

### **FORGIVE YOURSELF**

We all have slip-ups. They're part of the journey. Keep moving forward. Small steps make big changes.

### LOOK GOOD, FEEL GREAT

Consider stepping off the scale. Rapid weight loss is neither healthy nor sustainable. Check out other signs of your progress, like how well how your skinny jeans fit and how great you feel.

### EGG YOLKS ARE BACK!

They're chock full of minerals, vitamins and protein. Free-range eggs, avocado and plantain chips are one of my breakfast go-to's.

### HAVE FUN

Enjoy the journey! Move your body in a way that makes you happy: Zumba®, hiking, dancing, CrossFit...Love it and you'll stick with it.

# Women's Health THE NEXT FITNESS STAR PRESENTED BY EAS

### THINK GREEN

Include a green veggie in every meal. Add spinach to your smoothie or scrambled eggs—there's breakfast!



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For fat loss and a strong, beautiful body, aim for at least .75 grams of protein per pound of your bodyweight, which means making each meal protein-rich.

Grab an EAS AdvantEDGE® Carb Control™ ready-to-drink as an easy protein-packed, tasty option!

H<sub>2</sub>O

Drink water. We never drink enough!

### **GET YOUR ZZZ'S**

A good night's rest makes weight loss easier. Lack of sleep can cause excessive cortisol and unbalanced hormones. Power down and relax with some herbal tea and a good book.



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YOUR BEST IS WITHIN REACH



drive you mad. Take back spring with these ditch-the-itch strategies, then breathe easy...even outdoors. By Aviva Patz

Remember the Polar Vortex? Baby stuff. In the Pollen Vortex, you can't just hunker down for a few days and wait for the storm to blow over. With more pollen in the air, this allergy season is set to be longer and nastier than ever. "Many seasonal sufferers who previously had relatively mild symptoms are now experiencing full-on allergy overload," says Clifford W. Bassett, M.D., medical director of Allergy & Asthma Care of New York.

Indeed, one national study found that the number of people sputtering in response to

common outside allergens like pollen rose around 15 percent from 2005 to 2008, and experts say it's only skyrocketed since. An all-time peak of nearly 40 million Americans now suffer from them, and in a recent WH poll, 60 percent of respondents said their allergies have worsened lately. All of which, quite frankly, blows, considering

that approximately a bajillion studies have found that spending time outdoors boosts mood and mind, makes exercise feel easier, and can help you live longer.

What do we have to thank for this explosion of gesundheits? Climate change. for one. The planet is heating up, meaning plants are living longer and producing more pollen. Grass-pollen



production, in particular, is set to double in the next 100 years, say researchers at the University of Massachusetts at Amherst; tree pollen and ragweed have already risen over the past decade. Balmier temps also kick off spring allergies earlier, extending the misery by nearly a month.

Even if you've never had so much as a sniffle, you're not off the hook, says Kevin McGrath, M.D., a national spokesperson for the American College of Allergy, Asthma and Immunology. New sensitivities can show up out of the blue at any time or age.

But don't bulk-order eye drops and antihistamines just yet. Even the most severely allergic can reap the rewards of nature without becoming a stuffy, puffy, mucousy mess. Stick to this three-step, total anti-allergy action plan—the very same one top experts in the field adhere to themselves!—then go outside and play.

### H<mark>elp</mark> Your Body Help You

If the devil finds work for idle hands, he may do the same for an idle immune system. Here's how to keep yours working hard.

Some experts theorize that your body's defenses can get "bored" without germs to battle (blame: antibiotic overuse and our modern craze for cleanliness). As such, they begin overreacting to harm<mark>less subst</mark>ances such as ragweed, says Estelle Levetin, Ph.D., a professor and the chair of biological science at The University of Tulsa in Oklahoma.

To stop that from happening, you've got to challenge your immune response, starting in a surprising place—your belly.

Mounting evidence suggests that a thriving microbiome-that ecosystem of good and bad bacteria in our intestines—is the key to a robust immune system. It can get thrown off balance by things beyond your control (like your DNA and how many antibiotics you took as a kid), as well as by the choices you make today, says microbiologist Martin Blaser, M.D., director of NYU Langone Medical Center's Human

Microbiome Program. Too much sugar, stress, and booze can all dial back the number of positive bacteria in your tum.

Now, you can't go back and trash the scripts from your pediatrician, but you can protect the good germs you have left. For starters, ask if the pills your M.D. is offering are really needed (some 50 percent of antibiotics can't even treat the diagnosed illness). Then nourish your friendly gut bacteria; fiber-rich foods like beans, avocado, and brussels sprouts are good picks, per the journal Nutrients.

### WHAT'S HAPPENING IN MY NOSE?

You're hurting—that's as clear as the Rudolph schnoz on your face. But what, exactly, is making you miz? When pollen wafts into your eyes, nostrils, or mouth, your body sounds an "invader!" alarm and unleashes immunoglobulin E (IgE) antibodies. Those suckers then prompt the release of inflammatory chemicals called histamines that cause your stuffed-up symptoms. This reaction can last minutes or hours, and hot on its heels come ear fullness and sinus pressure that persist for days, weeks, even months. Bless you.

### Outsmart Pollen

To pull a fast one on the P-word, you need to know its M.O.

- > Stay indoors during prime times. Pollen counts tend to be highest between 5 a.m. and 10 a.m., and again at dusk.
- > Check the daily pollen count. Do this before heading out (try the Allergy

Alert app by Pollen .com). The higher the number, the more likely you are to sneeze (4.9 is a "medium" count; above 9.7 is "high").

>Wear protection.
Slip on sunglasses
to shield your eyes
and lashes, and
wear a hat (hair is a
pollen magnet,
especially if you use
gel or other sticky
products). If you're
particularly
sensitive, consider

a dust-filtering mask, like the kind carpenters use, to cover your nose and mouth (no, a cute scarf won't cut it), says allergist Tim Mainardi, M.D., a clinical instructor at New York-Presbyterian/ Weill Cornell Medical Center. Yeah, vou're going to look goofy. But not as goofy as you would with a face full of snot.



### **Healthy Dose**

### **Mind Your** Meds

When all else <mark>fails, it m</mark>ay be time for some chemical warfare. Your strategy: Start simple and add on, say allergists. (BTW, you'll want to see one of these doctors if symptoms make day-to-day life a slog.) Start at the first item on this list, and if two weeks have passed with minimal relief, move on to the next option.

> Steroid Nasal Sprays (OTC or Rx) These meds can reduce the volume of congestion-causing inflammation, but know this: You need to use them daily during pollen season, and they can take up to 14 days to kick in-no fun when you're suffering. Skip nonsteroidal OTC decongestant sprays; studies show they can actually worsen stuffiness.

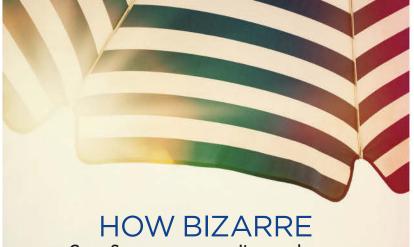
### > OTC **Antihistamines**

A daily pill can ward off swelling and a runny nose; eyedrops can soothe crazy-itchy eyes.

> Prescription Montelukast Sodium When your sneezing and dripping are more stubborn than a bad case of bedhead, these once-a-day pills can shortcircuit inflammation higher up in the nasal pathway.

> Immunotherapy Weekly shots may help reprogram your immune system to tolerate whatever sets you off. You may have to get them for up to 28 weeks (and some people need maintenance shots for up to five years), but "they're the closest thing we have to a cure for allergies," savs Mainardi. Needlephobes. rejoice: The FDA recently approved Rx immunotherapy tablets that dissolve under the tongue. Take once a day

during your trigger allergy season.



Cray: Some women can't even shower without breaking out in hives (ultra-rare, but legit). We humans can be allergic to all kinds of weird things. Like...

THE BEACH: Though uncommon, exposure to sunlight can leave certain people with a red rash, blisters, or hives within minutes, even if they're wearing SPF. Mild cases resolve on their own, but intense reactions may call for corticosteroids.

YOUR BRA: If the hooks of your fave cleavage booster leave a nagging rash, you may be allergic to nickel (17 percent of women are). Corticosteroid creams or oral steroids can provide sweet relief.

**SEX:** Around 5 percent of women report reactions to semen, ranging from redness, swelling, and burning down there to life-threatening anaphylaxis. Giving a new meaning to "safe sex," condoms can help keep symptoms at bay.



### YOU LOOK LIKE HELL

Too much pollen can dampen your appearance far more than too many pints. Makeup to the rescue! Freshen up fast with these tips from WH's beauty editors.

THE PROBLEM: Inflammation and dilation of surface blood vessels can lead to red eyes and swollen, purplish eyelids.

THE FIX: Dust a matte skin-tonematching shadow (champagne or taupe for fair skin, mocha or espresso for darker tones) onto lids. Use waterproof mascara, and if eyes aren't too runny, trace lashes with navy-blue liner to make your eyes look whiter.

THE PROBLEM: Clogged sinuses can make your nose appear larger and give you puffed-out chipmunk cheeks.

THE FIX: For the illusion of a slimmer nose, swipe a brownishtaupe contouring cream down the sides of your nose with a stiff shadow brush and make a V at its tip, then soften lines with your fingers. Tap that same cream under your cheekbones and blend. THE PROBLEM: Sinus congestion can cause blood near the top of the nose to back up and pool under the eyes. Docs call the resulting dark circles "allergic shiners."

THE FIX: A dense but creamy stick foundation is great camouflage. Dab onto your fingertips and lightly tap over the area. Don't forget your inner corners, which tend to be the darkest.



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It's a jungle out there, but it's pretty wild inside, too. Indoor allergies are considered just as common as outdoor ones-some 10 million Americans are sensitive to cats alone—and harder to evade. And experts estimate that someone born in the 1990s spends almost 90 percent of her life

indoors. That's a lot of OT with dust mites, molds, feathers, and pet dander, all of which can cause the same lovely symptoms as the most powerful pollen (and, like plant allergies, indoor ones can crop up at any age). Once you know exactly where in-home allergens live, you can evict them. ■

Pet dander and dus

mites love cozying up to pillows and mattresses. The latter

can harbor up to 10 million mites, per Ohio State research; another study

found that after two years, dust mites make up 10 percent of the weight of your pillow (shudder!). The Rx: Use hypoallergenic mattress and pillow "encasements"; wash

sheets weekly in hot water

(over 130°F)



around leaks from the toilet and tub.

The Rx: Use a solution of one cup bleach to one gallon water, then caulk around the bases to seal

emit formaldehyde fumes that can cause headaches, wheezing, and rashes.

The Rx: A range hood fan just blows air around, so use an exhaust fan that

vents to the outside. Don't have one? Cook during the evening (when pollen counts drop)

nd open a window.

com: Wall-to-wal dead skin, and pet dander.

The Rx: Leaving shoes at the doo curbs the amount of outdoor allergens you track in by up to 80 percent. Run a

HEPA air purifier, which can absorb nearly 100 percent of home allergens, and switch to washable area rugs (bonus

points if you also run a HEPA-filtered vacuum twice

### Basement:

Mold develops from leaks around windows, walls, and ceilings.

The Rx: Clean visible mold (small, musty-smelling spots of any color) with your bleach and H<sub>2</sub>O solution, then plug with caulk or spray foam.

Use a dehumidifier to keep humidity at a mold-inhospitable

40 to 60 percent.

cabinets or sealable bags or bins. Once a week, wipe down picture frames, vases, and knickknacks with microfiber cloths, which trap dust instead of launching

it into the air.

Clutter car

collect dust.

The Rx: Purge stuff you don't

need and store what you can in





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### In a Slump?

Check your posture. Slouching can kill your mood, your confidence, even-noooo!-your sex life. Time to stand (and sit) corrected.

By Meghan Rabbitt

Damn you, Game of Thrones: Hunching over a laptop for hours on end or camping out on a couch is murder on your spine and shoulders. But now research shows the damage goes well beyond an aching back. "Poor posture can mess with your breathing, put your hormones in flux, and cause your energy levels to tank," says chiropractor Steven Weiniger, D.C., author of Stand Taller— Live Longer. In other words, it can make you look and feel like a hot mess. Here's why, plus a head-to-toe guide to straightening out your bodand life—for good.

### Why You Should Get in Line

Because saggy shoulders are more than unattractive. They can...

### 1/STEAL YOUR CALM

Think lounging equals relaxation? Nope. Though it's not known why, your body responds to hunkered-down poses by unleashing the stress hormone cortisol (hello. tension) and putting the kibosh on testosterone (so long, confidence). Next time you start to slide, do some "manspreading." Clasp your hands behind your head with your elbows out, or put your legs up on a desk. Such stances can curb cortisol, up testosterone, and help you keep your cool in nail-biting

situations, says Harvard University doctoral candidate Caroline Wilmuth.

### **2/** BUM YOU OUT

People who walk-while-wilting are more likely to feel depressed than those who walk more erectly, per a San Francisco State University study. Turns out, your brain takes cues from your posture: Move in a happy, confident way and your mood will follow suit. You don't have to bound around like a puppy: simply standing straight can make you feel less sluggish.



### Because daily life can be rough on tooth enamel.



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### 3/ HIJACK YOUR FOCUS

When you collapse like a rag doll, your ribs can press into your diaphragm, limiting how much oxygen you're able to suck in, which can cloud your mind. "Over time, your lung capacity could be impacted," says Weiniger. To see what we mean, take a deep breath while crunched over. Now take one while bolt-upright. Ta-da! Unimpeded breathing means air can reach and more fully inflate the lowest portion of your lungs, from which blood vessels carry O2 throughout the body, lending you extra energy and concentration.

### 4/ CAUSE A PAIN IN THE... **EVERYWHERE**

"When your spine is out of alignment, other muscles have to overcompensate, which can start a

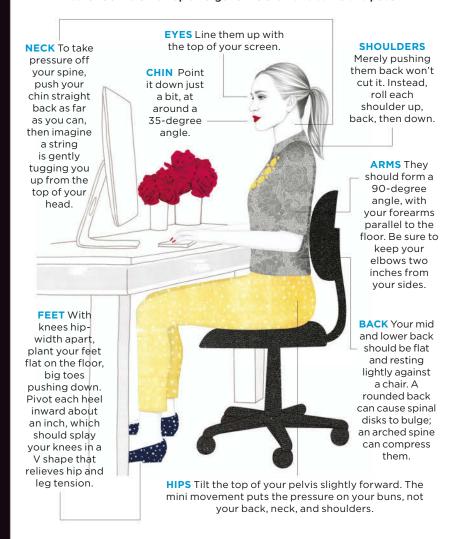
chain reaction of pain," says Mary Ann Wilmarth, P.T., chief of physical therapy at Harvard University Health Services. Scrunching your shoulders forces the upper back into a balancing act that can result in aches, muscle spasms, and pins and needles in your arms. Dude!

### 5/ TRAMPLE YOUR MOJO

If your libido's gone AWOL, consider this: Stooping is often directly tied to a weak core-a situation that doesn't throw you any bones in the bedroom. The softer your middle, the limper your arousal can be, says sexual health expert Debby Herbenick, Ph.D. So before hitting La Perla, try sweating your sexy-and stanceback in shape (see "Support System," below).

### **BACK ON TRACK**

The average American sits for some 13 hours per day—and the "knees together, chest out" advice most of us follow is outdated, says posture guru Esther Gokhale. Pull up an ergonomic chair and strike this pose.



### Support System

You gotta move well to sit pretty. These exercises will counter the side effects of sagging and prime you for better posture.

**Hip Action** Long stints on your keister can shorten your hip flexors, the muscles in your pelvis that keep your hips and back in line, says Eric Robertson, P.T., of the American Physical Therapy Association. When you stand, those compressed muscles can tug on your spine, causing mega-aches in your hips and back. To relengthen them, do a daily round of deep lunges: Step forward with your right foot and lower your hips until both knees form 90-degree angles. Hold for three seconds, then return to standing. Repeat five times, then switch legs.

Middle Management Remember, a strong core is the foundation of good posture. Robertson recommends three 30-second planks each day. Add three daily sets of 12 seated rows on a stability ball: Sit on a ball, feet flat on the floor, and hold a five-pound dumbbell in each hand. Bend your elbows to 90 degrees and move your arms back as you squeeze your shoulder blades together. The instability makes your core work harder; the rows strengthen your upper back and shoulders.

Neck Work The slender column has to hold up about 10 pounds of head. Whenever you jut out your chin, that weight feels even heavier. "This puts a lot of extra strain on neck muscles," says Robertson. Keep them ready and able with daily chin tucks. Lie on your back and touch your chin to your chest. Hold three seconds, then relax. Repeat five times.

### STRAIGHT UP

Standing around at happy hour or stuck in an endless airport security line? There's a stance for that, too. First, take a page from the above chair pose—feet hip-width apart, shoulders back and downthen heed these extra pointers.

Spread your weight equally between both feet to form a solid base.



Keep a slight bend in your knees. Hyperextending them will cause your back to arch, which strains your shoulders and neck.

-3-

Point your chin down a little to keep your neck long. Talking to someone taller than you? Back up a few inches and look up with your eyes, not your entire head. ■





# YOUR BODY ON... CANDY CRUSH SAGA

▶ Seriously. More!

and sucked in by

you instinctively

whip out your

whenever and

wherever...on the

train, in the car,

on the couch, at

the, um, office.

▶ But hey, you are

Thirty daily minutes

of mobile gaming

the brain regions

problem-solving, memory, and spatial

responsible for

can exercise

recognition.

kinda "working."

smartphone

Craving dopamine-

"Can I get to the next

level?" anticipation-

Ten million people agree: Playing is a (sugar) rush. Inside the app's addictive lure and how—in small doses—it can actually boost memory and happiness.

### At First Play

- ► Vibrant colors and cutesy graphics may activate your brain's reward system. As you ID and create patterns (three greens in a row, yessss), audible zings and pops can urge you to keep playing.
- Starting rounds are simple for a reason. Winning early and often triggers your noggin to release mini hits of dopamine, the so-called happy hormone. More, please.

### At First Pay

- As the difficulty increases, so can your willingness to win at any costliterally. Savvy designers lock you out of the otherwisefree app after a few losses. Wanna continue on, stat? Pay up. (Hooked Crushers fork over 99 cents for extra "lives"—at one point, reportedly to the tune of nearly \$1 million per day.)
- ► Why otherwise sane people part with big bucks to push bonbons around: Activity in the brain's reward system is now drowning out the areas that rule logic and reasoning.
- Your virtual pals egg you on as well. Swapping high scores on social

media—which many apps cannily connect to—unleashes even more dopamine.

### Afterthe Crush

- ► The better your natural willpower, the easier time vou'll have logging off. For now, take several deep breaths until the urge to hit "pay" passes.
- And pass it will. Your mind needs novelty to stay engaged, and the repetitive nature of most games eventually leads to boredom. (Per one

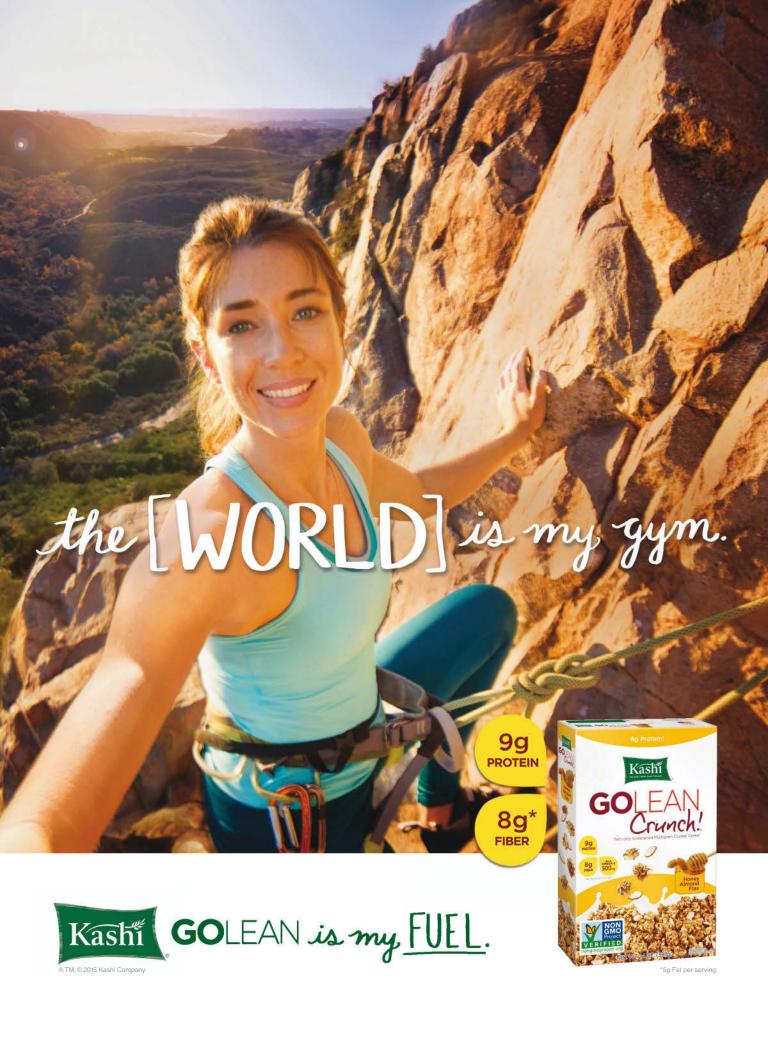
- survey, two-thirds of new users quit altogether within 24 hours of play.)
- Still having a hard time remembering life before Candy Crush Saga? While gaming addictions are real—and can be as strong as drug dependenciesunless you're at it nonstop for five hours, or going broke, the only thing you're really at risk for is wasting a whole lot of time.

-Jessica Migala

Sources: Adam Gazzaley, M.D., Ph.D., University of California at San Francisco; David Greenfield, David Greenheid, Ph.D., University of Connecticut School of Medicine; Petra Kottsieper, Ph.D., Philadelphia College of Osteopathic Medicine; Frank J. Lee, Ph.D., Drexel University









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### foot now SprigItOn! Mmm, what fresh heaven is this? Flavor-bomb your next dish, dessert, and drink with herbs. Just don't reach for the same ol' leaf in the same ol' way. We put our favorites on shuffle wait until you taste the greatness. By Marygrace Taylor STRAWBERRY-LAVENDER SPARKI FR (RECIPE, PAGE 84) April 2015 / WOMENSHEALTHMAG.COM 83

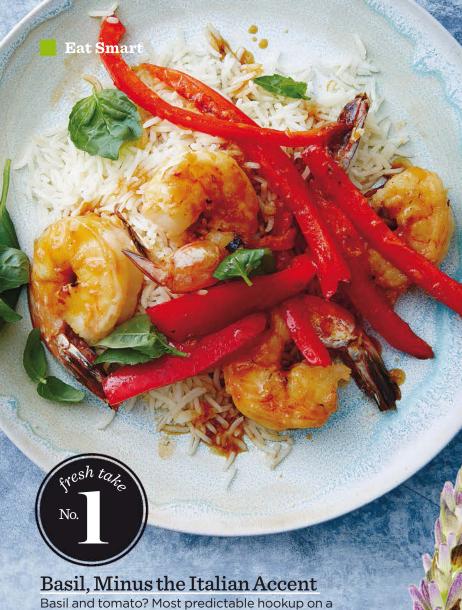


plate. The little green leaves (which happen to be loaded with cancer-fighting phytochemicals) taste even sweeter when used in fiery Thai stir-fries.

### SPICY THAI BASIL SHRIMP

- cup light coconut milk
- Tbsp low-sodium soy sauce
- Tbsp fresh lime juice
- Tbsp brown sugar
- tsp Sriracha sauce
- Tbsp coconut oil
- Tbsp grated fresh ginger
- Ib large fresh or frozen shrimp. peeled and deveined
- red bell pepper, seeded and sliced into strips
- cup fresh basil leaves, plus more for topping
- cups cooked basmati rice

- 1/In a bowl, whisk together coconut milk, soy sauce, lime juice, brown sugar, and Sriracha.
- 2/Heat oil in a large skillet over medium-high heat. Add ginger and cook until fragrant, about 1 minute. Add shrimp and stir-fry until pink but still translucent in the middle, about 3 minutes. Transfer shrimp to a bowl.
- 3/Add peppers to the skillet and stirfry until crisp-tender and just beginning to caramelize, about

2 minutes. Return shrimp to the pan and add coconut milk mixture. Bring to a boil and stir until sauce thickens and shrimp is opaque, about 1 minute. Remove from heat and stir in basil leaves. Serve hot over basmati rice. Sprinkle with a few extra basil leaves.

**MAKES 4 SERVINGS** 

Per serving: 320 cal, 6 g fat (4.5 g sat), 39 g carbs, 8 g sugar, 460 mg sodium, 1 g fiber, 27 g protein



### Lavender—with a Twist

The shrubby herb is known for its aromatic prowess: It smells insanely good. The stem can also ease anxiety and insomnia, and it boasts floral notes that (cheers!) perk up tired drinks.

### STRAWBERRY-LAVENDER SPARKLER

- 2 cups hulled and sliced strawberries
- cups granulated sugar
- Tbsp fresh lavender, plus more for topping
- cups red wine vinegar Sparkling water
- 1/Combine berries, sugar, and lavender in a large bowl and mix well. Cover and refrigerate for 24 hours. (The berries will macerate. and the mixture will become syrupy.)
- 2/Strain the mixture, using a spatula to press on the fruit and extract as much liquid as possible. Whisk the red wine vinegar into the strawberrylavender liquid.
- 3/To serve, pour 1 tablespoon of the mixture into an ice-filled glass and add 8 ounces sparkling water. Stir gently and top with additional lavender.

MAKES 2½ CUPS (enough for about 40 drinks) Per 8-oz drink: 20 cal, 0 g fat, 5 g carbs, 5 g sugar, 0 mg sodium, 0 g fiber, 0 g protein

> (PHOTO OF DISH, PAGE 83)

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### **Eat Smart**



### Thyme for Dessert

Mint may reign as Queen Herb of Dessert, but its cousin thyme deserves to share the crown. Thyme lends a subtle earthy tang to sweet dishes—and a dose of quercetin, an antioxidant that may help reduce blood pressure.

### **BLACKBERRY-THYME TART**

- package (14 oz) frozen puff pastry, thawed according to package directions
- oz goat cheese, softened
- cup plain low-fat yogurt
- large egg
- cup honey
- tsp lemon zest
- tsp salt
- Tbsp fresh thyme leaves, plus 4 or 5 thyme sprigs
- oz blackberries
- 1/Preheat oven to 375°F. On a floured surface, gently roll out puff pastry dough until flat. Transfer it to a parchment-lined baking sheet and refrigerate.
- 2/In a food processor, combine goat cheese, yogurt,

- egg, honey, lemon zest, and salt, and process until smooth. Fold in thyme leaves.
- 3/Spread goat cheese mixture on pastry, leaving a 1-inch border. Arrange berries on top of goat cheese mixture in rows. Bake for 25 to 28 minutes, or until the edges of the pastry are puffed and golden and the goat cheese mixture is firm. Top with thyme sprigs. Allow to cool for at least 10 minutes before slicing, and serve warm or at room temperature.

MAKES 12 SERVINGS Per serving: 260 cal, 13 g fat (2 g sat), 23 g carbs, 8 g sugar, 120 mg sodium, 1g fiber, 6 g protein



And by that, we mean: Grow It Yourself! Got a sun-filled indoor windowsill? Then you can cultivate low-maintenance leafy herbs like basil, oregano, and parsley. (Woody ones such as rosemary and thymewhich thrive in hot, dry conditions—do better in outdoor gardens.)

FIND 'EM A GOOD HOME. Most store-bought herbs come in too-small containers, says Ann McCormick, coauthor of Homegrown Herb Garden. To give roots room to grow, transfer your plant to a pot that's at least six inches in diameter and six inches deep.

LOAD UP ON LIGHT. There's no such thing as excess sun. Keep the little guys happy by  $m{\angle}$  placing them near the brightest window you have.

ADD (A LITTLE) H2O. Too much is a surefire way to kill these greens. Once a week, water just until liquid starts to come out of the bottom of the pot, says McCormick. Fertilize monthly.

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3 g sugar, 460 mg sodium,

3 g fiber, 18 g protein ■

BLUE

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tsp black pepper

the cooking water.

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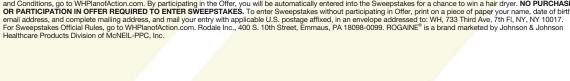


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# Outside the (Delivery)Box

The foodie craze du jour: mail-order dinner kits packed with seasonal fare and low-hassle recipes. Even more genius? Cribbing the chefs' time-saving, cal-slashing wisdom—no subscription required.

By Joy Manning

Remember when "food delivery" only meant a thin-crust pizza from Domino's? These days, services that let you play sous chef are gaining steam. A popular one, Blue Apron, is already shipping out more than a million meals per month. The concept—premeasured ingredients and recipes for dishes like steak with miso-roasted veggies, delivered to your doorstep—is certainly appealing, but subsisting on subscriptions alone could shock your wallet. So we grilled the chefs and nutritionists behind the meal plans. Presenting their insider tricks to enhance any dish and make healthy (but satisfying) swaps.

### SPEED THINGS UP

Keep It Cool / Farm-to-table goes a lot faster when you skip the oven-and your options don't have to be limited to tossed salad and crudité. You can trim valuable preheating and cooking minutes when you get clever with veggies that are usually served hot. Elana Karp, vice president of Plated, likes to shave fat asparagus stalks with a peeler and dress them in a little lemon juice and olive oil.

Double-Dip / Cooking some pasta? Blanch a few handfuls of spring veggies at the same time, in the very same pot. Broccoli or French green beans, for instance, are perfect partners for penne. Just toss'em in the boiling water with a few minutes to go; drain everything together in a big colander, add a little marinara sauce, and voilà-dinner is done and you have one less dish to wash. Score!

### BOOST FLAVOR

Think in Pairs / It's the unexpected flavor combos (horseradish and Parmesan, kumquat and freekeh) that make these meal kits so popular. Too shy to play mad scientist in your own kitchen? Try using online restaurant menus as inspirational cheat sheets. The pros are paid to mix-and-match, and hey, even they poach from each other occasionally. "I adapted a favorite restaurant's fish with watermelon and jalapeño as a Plated meal," says Karp. Bold tastes mean your prep can stay ultra simple.



Slice Right / Whaddaya know! The way you chop something has a major impact on the way it tastes. Zucchini takes on a spaghetti-like flavor when cut into wide, thin ribbons with a mandoline or sharp knife. Radishes sliced into matchsticks can add a pepperv zing to dishes without overpowering other ingredients. Finely minced red onion or garlic (use a paring knife) has less of a bite than a larger dice. And a box grater can mellow out almost any veggie; use one to make produce "confetti" that adds delicate flavor and extra nutrition to your meal.

### CUT CALORIES

Minimize the Moo / Most meal-delivery companies strive to keep calorie counts in check; many don't go over 700 per person for dinner. To achieve this, Rebecca Washa, R.D., of Hello Fresh, keeps a close eye on meat. Instead of the old "one protein, one starch, one vegetable" rule, she'll take a single helping of steak and turn it into multiple servings by slicing it superthin and fanning it out over a hefty amount of veggies and a few whole grains. So satisfying.

**Get Nice and Toasty** / You gotta lube up your skillet or pan, right? Not always.

EENIE. MEENIE. MINEY, MO SPICE! CREATE A SIGNATURE MIX, USE IT ON EVERYTHING. Be a Spice Girl / Having a

Many ingredients-including scallions, peppers, and nutsrequire zero nonstick or taste-enhancing cooking aids. sparing you plenty of fat and calories. Just throw them in a dry pan over high heat until they begin to brown or become aromatic (about five to eight minutes for scallions and peppers, and as little as one

minute for nuts). Corn is an especially great candidate, says Karp, Sweet, browned kernels form a perfect side dish or base for a fast salsa.

### **ELEVATE ANYTHING**

Go Greener / Fresh spring baby lettuces play a big role in mail-order meals. But chefs agree no one wants to feel like they're scarfing a neverending salad bowl. Their solution? Turn them into a versatile pesto. Toss the leaves (baby arugula and watercress work well) into a food processor with a touch of oil and a few pumpkin seeds, almonds, pine nuts, or walnuts. Use the result as a spread on bread, drop it by the spoonful into broths or soups, fold it into a tuna salad, or swap it in for butter in risotto. "We like to add minced shallots to our spinach pesto to create a salsa verde that's terrific on grilled fish or chicken," says Matt Wadiak, the cofounder of Blue Apron.

go-to seasoning mix is practically Chef 101. Karp says Plated's best-loved ones include a cumin, chipotle. and paprika blend and a Vietnamese-inspired mix of star anise and dried cilantro. DIY'ing your own is easystart with a few basics and mix to taste-or you can borrow Plated's creation: Throw together half a teaspoon of chipotle with one tablespoon each paprika and cumin in a jar. Shake over any meal for a little extra sizzle.

Add Some Decadence / When Geoff Gardner, contributing chef for The Purple Carrot, wants a healthy hit of creamy flavor, his secret ingredient is tahini. "It's not just for hummus," he says. Stir the neutral-flavored, nutritiously dense sesame paste (it's a great source of calcium) into soups, sauces, and dips to give them a velvety consistency. You can also use a bit of tahini or almond butter in place of an egg or mayonnaise to thicken homemade salad dressings.

### The Whole Package

Here's what you can expect when dinner goes postal.

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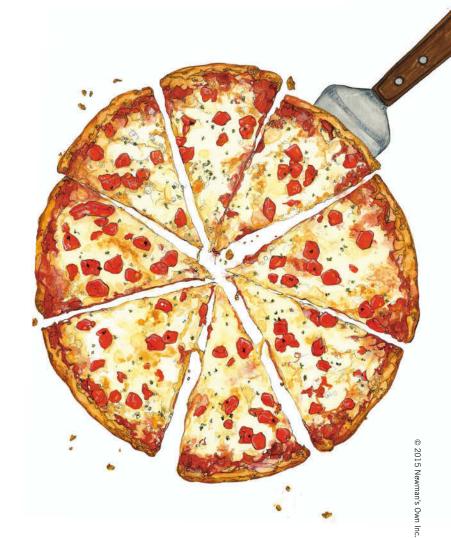
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### Buy 5, Drop 5

Put these power foods on your plate and eat your way to a smaller size.

By Keri Glassman, R.D.











### **BREAKFAST**

### **Farro Bowl**

Place ½ cup cooked farro in a small, microwavable bowl. Add ½ cup milk and microwave for 20 seconds. Stir in ½ cup grape halves and sprinkle with 1 tsp chopped nuts and ½ tsp lemon zest.

### LUNCH

### Chicken Salad **Boats**

Mix 1/2 cup shredded dark-meat chicken (skin removed) with 1/4 cup grape halves, 1 Tbsp chopped nuts, 1 Tbsp chopped red onion, and 1 Tbsp olive oil. Season with salt, pepper, and lemon juice to taste. Spread on four large endive leaves to serve.

### **SNACK**

### **Veggie Dippers**

Mix together ½ cup Greek yogurt and 1 tsp Italian seasoning. Serve with 1/3 head endive and 1/2 cup snow peas for dipping.

THIS DIP EASILY DOUBLES AS A **TENDERIZING POULTRY** MARINADE.

### DINNER

### **Chicken Endive Flatbread**

Add 1/2 tsp olive oil to a pan on medium-high heat. Add ¼ cup sliced red onion and cook, stirring frequently, until caramelized, about 20 minutes. Top a tortilla with ¼ cup shredded Gruyère cheese, ½ cup shredded endive, and the onion. Bake in a 425°F oven until the tortilla is lightly browned and cheese is melted, about 10 minutes. Halfway through, top with ½ cup fully cooked diced white-meat chicken.

### **DESSERT**

### **Roasted Grapes** with Yogurt

Arrange 15 grapes on a cookie tray and drizzle with 1 tsp olive oil, 1/4 teaspoon cinnamon, and ¼ teaspoon sea salt. Bake at 450°F until skins become firm, approximately 15 minutes. Top with 1 Tbsp Greek yogurt to serve.

### HAVE ON HAND

- ✓ Soy, rice, or cow's milk
   ✓ Chopped raw almonds,
   ✓ Red onion
- ✓ Lemon
- ✓ Low-fat Greek yogurt

- cashews, or hazelnuts 

  8-inch whole-wheat tortilla
  - ✓ Gruyère cheese
  - Cinnamon

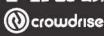


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IN PARTNERSHIP WITH





"Diet" foods can taste comically bad. Learn to love 'em with these tricks—and laugh all the way to the scale.

By Kelle Walsh

We can put a man on the moon...but tofu still tastes like the last thing on Earth you'd want to eat. It stinks that some foods with chub-melting powers also happen to be jiggly, slimy, and smelly. "A lot of people have one bad experience with a food and reject it for life," says Jessica Cording, R.D., a nutritionist in New York City. But the right prep and a few smart tips can turn even the ickiest eats into delicious ones. With our tweaks, you'll not only clean your plate, you might even want seconds.

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SETTY IMAGES (TOFU, GRAPEFRUIT, AND MUSHROOMS); STEVE GORTON/GETTY IMAGES (CAULIFLOWER)

## OFFENDER: CAULIFLOWER

For just 27 itty-bitty cals per cup, this cruciferous veg sure can clear a room with its sulfurous (i.e., rotten egg) stank. Thing is, it's loaded with fiber, which helps keep you full longer and produces a by-product called acetate that can send a "stop eating!" message to the brain. Steaming it just until tender or blanching and shocking (briefly boiling before plunging it into freezing water) won't allow as many malodorous molecules to escape, says Cording.

#### U OTHER DOOZIES:

**BRUSSELS SPROUTS:** Roasting on very high heat with olive oil and salt can quell the smell.

**RED CABBAGE:** No cook, no stink: Serve raw for great crunch and mild flavor.

#### OFFENDER: GRAPEFRUIT

This baby is a pound-dropping powerhouse, and research shows that noshing on it may help curb weight gain even if your other eats are high-fat (not that we advocate that!). Too bad it's also a mouth-puckering mofo. Sprinkling with a pinch of salt can help inhibit the "bitter" signal your tongue shoots to your noggin, says John E. Hayes, Ph.D., director of the Sensory Evaluation Center at Pennsylvania State University.

#### **♦** OTHER DOOZIES:

**GREEN TEA:** Using water that's not quite boiling = less tartness.

**KALE:** Marinate it in lemon juice, add it to a smoothie, or try baby kale, which has a gentler taste.

#### OFFENDER: BISON

Hailed as a leaner alternative to beef, it has significantly less saturated fat but just as much protein, iron, and B vitamins. And because a lot of bison is grass-fed, a serving packs a dose of conjugated linoleic acid, a substance that reduces body fat while preserving muscle tissue. Still, with its beefier-than-beef taste, this "cow" needs less cowbell, if you catch our drift. "Ground bison tends to be a bit more mellow," says Cording. "Serve it with something a tiny bit sweet, like caramelized onions, to help balance out the flavor."

#### **W** OTHER DOOZIES:

**SARDINES:** A drizzle of vinegar tames the intense fishiness.

**LAMB:** The gamey quality comes from the fat. Trim off any excess.



#### OFFENDER: MUSHROOMS

'Shrooms may help regulate blood sugar and boost stamina during exercise, according to a University of Buffalo study. They're also full of weight-loss-friendly vitamin D. But if the damp, slick feel of button or cremini types squicks you out, try fan-shaped maitakes, which lack a cap (typically the slimiest part). Or get some portobellos up in your grill—literally. Cooking them over an open flame will solve the texture problem.

#### **W** OTHER DOOZIES:

3AH! SO SLIM

**OKRA:** Soak briefly in vinegar or lemon juice—the acid will help cut through the goo.

**TOFU:** Slice and freeze, then squeeze out excess moisture when thawing to firm it up. ■

## EVEN MORE HUNGER-SMASHING OPTIONS







IN THE PHARMACY & NUTRITION AISLE

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## "I'm a ball of energy!"

As a kid, Sarah DeArmond, now 28, was teased about her weight-for being too skinny. "My metabolism must have been great, because I got away with eating fattening foods like mashed potatoes and fried chicken," says the resident of Calera, Alabama. Taking dance classes for 10 years helped, but once Sarah hit college, a lack of physical activity and her devotion to fast food took its toll. She packed on 15 pounds.

Convenience continued to trump health after Sarah married in 2009. Rather than cooking, "we just microwaved pizzas or cheesy pastas every night," she says. Over the next three years and several attempts at fad diets, Sarah's weight climbed. By February 2013, her 5'4" frame was carrying 200 pounds.

#### The Change

Sarah was alarmed to notice that her size 14 pants were getting tight. "Once, someone asked when my baby was due... **WH Online** and I wasn't Get inspired by more success pregnant," she stories at recalls. Worse, she WomensHealth Mag.com/Apri felt exhausted all the time for no particular reason and found herself wheezing for breath whenever she had to go up a flight of stairs. To top it off, her blood pressure was sky-high. "I knew obesity could actually kill me," she says. "I wanted to live."



#### The Lifestyle

In the spring of 2013, Sarah started overhauling her diet. She searched Pinterest for recipes featuring lean meats like turkey and chicken and cooked those instead of nuking frozen dinners. She learned to lower the fat content of her mealswithout sacrificing flavor—by using seasonings such as garlic and cayenne. The change was instantaneous: "I felt so much

> better that I honestly didn't even miss my greasy go-to foods." she savs. Between dietary swaps and her new habit of speed walking at least two miles a day around her

hilly neighborhood, Sarah's weight dropped steadily for the next two months. Then the scale seemed stuck at around 180 pounds. Eager to keep losing, Sarah took up strength training.

"I read that building muscle helps speed up fat loss," she says. "Plus, I wanted to look more toned." She began working her upper body with five-pound free weights, doing moves like biceps curls and shoulder raises for 30 minutes almost every day. Eventually, she advanced to 10-pound weights and stepped up her cardio routine to five miles of daily power walking. By the following spring, Sarah was a trim and healthy 120 pounds.

#### The Reward

Sarah's new lifestyle hasn't yielded only a slimmer pants size. She's showing off an improved complexion and stronger, shinier hair. "Everything about me feels healthier!" she says. She rocks tank tops and shorts with confidence, and she's no longer intimidated by staircasesnow she runs up them. "I feel like my old self again," she says.

#### Sarah's Tips

> Make fitness convenient. "I got an exercise bike so I can work out whenever I want. I like to pedal while I watch TV."



even set foot in

the chips aisle."

> Fake-fry it. "I make 'fried' baking it."



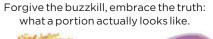


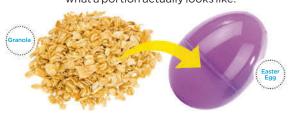
#### fish by dipping codfish in ega whites and whole-wheat panko and then

### All You Can Eat

Granola One proper serving (1/4 cup) is about the size of <mark>a pla</mark>stic Easter egg. **150** cal / **7** g fat /

16 g carbs / 6 g sugar





Break out a daintier bowl. Dense granola h a smaller serving size than most other cereals so peopl<mark>e tend to</mark> erpour it by three times the portion!











# Eva Mendes is well-roundedbandin' curves.

Eva Mendes is well beyond her bangin' curves.
and her bangin' curves.
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and her bangin' curves.
beyond her success, mother, entreprendiction and multitask like and the second multitask like and the secon

Splendid tank; Eva Mendes Exclusively at New York & Company lace skirt You know Eva Mendes as the sultry actress who stole Ryan Gosling from you. Then she went and had his baby. The only obvious reaction for a smart, independent, 21st-century woman to have? Fervent jealousy, natch. So when I meet Eva, 41, on the set of her WH photo shoot in Venice, California, I'm not surprised that she's even more drop-dead gorgeous in person than

on film. Or that she's superfriendly (of course Ryan's girl is, right?). What does throw me is that the actress, clothing designer, and new mom isn't the brazen sexpot I was imagining my moviehusband's mistress to be. She's more...proper than I'd expected. Dare I say demure?

Post-shoot, clad in a sleeveless blue polka-dot dress, Eva lowers herself onto the edge of a couch and crosses her legs like a lady. "People always talk about how 'I just want my day off to be jeans and a T-shirt,' but I think it's so much easier to be in a dress like this-something non-body-conscious. That's what I feel best in," she says.

Despite the fact that she gave birth to daughter Esmeralda in September, Eva looks just like she always has to us: not overcompensatingfor-her-pregnancy skinny, not mama-voluptuous, just... normal. Which, in her case, is pretty hot. And pretty cool: Unlike so many new-mom celebs, she's not flaunting how she got back her abs in record time. In fact, she's not partaking in the post-baby body conversation at all. She's more interested in the baby. "Can I check this real quick?" Eva asks, lifting her phone. "It's Baby. I mean," she laughs, "it's baby-related."

While Eva will talk about life with Esmeralda, one thing she won't discuss is baby daddy Gosling (who's also the director of the film Lost River, in which she appears this month). "Just because people are asking doesn't make me feel like I have to answer," she

explains, not unkindly. "It's not much deeper than that, you know?"

I do know. But as someone who's here asking her things, that's kinda not what I want to hear. A couple of times she tells me she has an answer to my question—but that it's a private one she won't reveal. That's when it hits me: Eva seems to not only like a little mystery but also encourage it. Because keeping us guessing can be a lot more fun.

Luckily, she wasn't so coy about everything. Take a peek into the three biggest roles in her life-the three faces of Eva, if you will-and steal a few takeaways for your own.



Day Birger Et Mikkelsen blazer; opposite page: Anna Sui pants. All other clothing in this story by Eva Mendes Exclusively at New York & Company, nyandcompany.com

For complete shopping information, see Where to Buy on page 144.

Considering that her Children of the Corn V (it wasn't all Training Day, folks!), it's a relief to hear that Eva doesn't take her day, job too seriously. Listen in as she dishes on...

## THE RIGHT PROJECTS

"For me, it's about the people I want to work with," she says. Take the HBO film Clear History, in which she appeared alongside Kate Hudson, Jon Hamm, Michael Keaton, and Larry David-"really amazing actors," she says. "I've taken on roles that haven't been very rewarding [in some way] to work with people I admire."

## HER WISH-LIST DIRECTORS

"David Lynch and Pedro Almodóvar. There's something really light about them. I don't like super-gritty drama. I don't really get into it, you know? I need a little magic, a little humor."

#### THE RED CARPET

"I find [it] incredibly embarrassing. You're just, like, modeling in front of people. I'll see pictures later and I'm like, 'Oh, there's my detached look, or 'There's my cute, approachable look.' And then I have this crazy eyebrow. I just want to get it over with as fast as possible."

#### THE PAPARAZZI

"I believe there is a public self and a private self. My sisters and my good friends are experiencing that now [with] Facebook and Instagram. When they freak out about a friend of theirs posting a bad picture of them, I'm like, 'Well, imagine how I feel! Get used to it!""



### HER MIND-BODY CONNECTIONS

Eva looks good—and feels it, too. The deets:

#### **Fitness**

"I realized a long time ago that I needed to have some kind of routine," she says. "I don't love it, but I've made peace with that." She runs, incorporating sprints, and lifts light weights-"nothing too heavy, because my muscle bulks up pretty easily. I mix it up with yoga, or sometimes I'll hike with my trainer."

#### Mental Wellness

"Having [a therapist] who's totally objective and who points out my patterns-I find that really helpful. And I'm lucky to work with someone who doesn't just sit there and nod her head, you know? I need to hear what you think! Tell me what's wrong with me so I can fix it!"

#### Food

"I haven't eaten meat in about six years, because I don't agree with factory farming here. This is just what worked for me, it's important to say, but when I cut that out I immediately felt better. And also, after a year of eliminating it, my skin looked brighter and healthier overall." (We can attest: It's perfection.)



THEPRENEUR While Eva's fronted for brands like Revlon and While Eva's fronted for prands like Kevion and

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tootwear. And then there's this month. Wanna
hitting Walgreens shelves this hietle? The start your own successful side hustle? The important elements, Eva-style:

#### **1** / FIND THE VOID.

In the market, that is, "There's always a woman asking, 'Where did you get your dress?' So when New York & Company came to me with the opportunity for this collaboration, I was like, 'Well, I'd be really excited about this if I can bring women something I feel is lacking,' which is a more vintage cut that really flatters."

## **2** / CONSIDER YOUR CUSTOMER.

"When I started wearing makeup at 15, it was drugstore makeup. That's where I feel most comfortable. I want to provide a quality product at a low price. That's where I think of the little me out there who's going to the drugstore, who can't afford anything else."

## **3** / USE WHAT YOU LOVE.

"I was really involved in designing the packaging [for Circa], which is architectural, so that was very exciting for me. There's a little Chrysler Building in [the packaging]... there's a little Frank Lloyd Wright. I love buildings and architects; one of my favorite books is Ayn Rand's The Fountainhead. Gaudí's one of my favorites, and Wright."

## 4 / KNOW WHAT YOU DON'T KNOW.

"There are people who know how to do it way better than you, and you should ask for their help, always. If I really don't know-and there are very few times I'm confident that I know what I'm doing-I ask. I think maybe it's because I'm the baby of my family."



THE FAMILY OMAN Want to get Eva really

talking? Mention her house. Or her daughter. Or her mom. Really, anything about domestic life (except, of course, R.Gos). She tells us what she loves most about life off the clock specifically...

#### **HER HOME**

"I grew up in the Silver Lake area [in Los Angeles], and I was lower-middle class. Very lower. And I would wish for a beautiful home," Eva recalls. "I would look out into these streets on Los Feliz Boulevard. And about seven years ago I bought a home in that area. Visualization has worked for me." Except, perhaps, when it comes to the decor inside that home. "I have this feeling that my house is never quite done. But I love that." What she is decisive on? Fresh flowers—"Always. Peonies and lilies." And some very particular artwork: "I collect, like, lady paintings. Paintings of ladies. I don't know why. Some of them are really spooky. They're all over the house."

#### HER FAMILY

Eva's come a long way in life since those early days, but she's never left the comfort of close friends and family behind. "I've had the same girlfriends since I was 12, and I've made amazing girlfriends since," she notes. "And my mom and my two older sisters have always been there telling me I could accomplish anything. We have each others' backs in the best way."

#### **HER BABY**

She's now nurturing Esmeralda with that same support. "I'm actually enjoying the sleepless nights because it's bonding with my little girl," she says. Not that she's ready to dole out too much motherly advice yet. "I don't feel like I've really earned the right," Eva admits. "I want to respect all the moms out there. They're going to be like, 'You know what? You're a few months in. Just shut up."



Yep, plenty of us live there. Our four-question quiz will help you break free of the "I'll do it mañana" mindset—and squash all the stress that tends to come with it.

By Kristen Dold

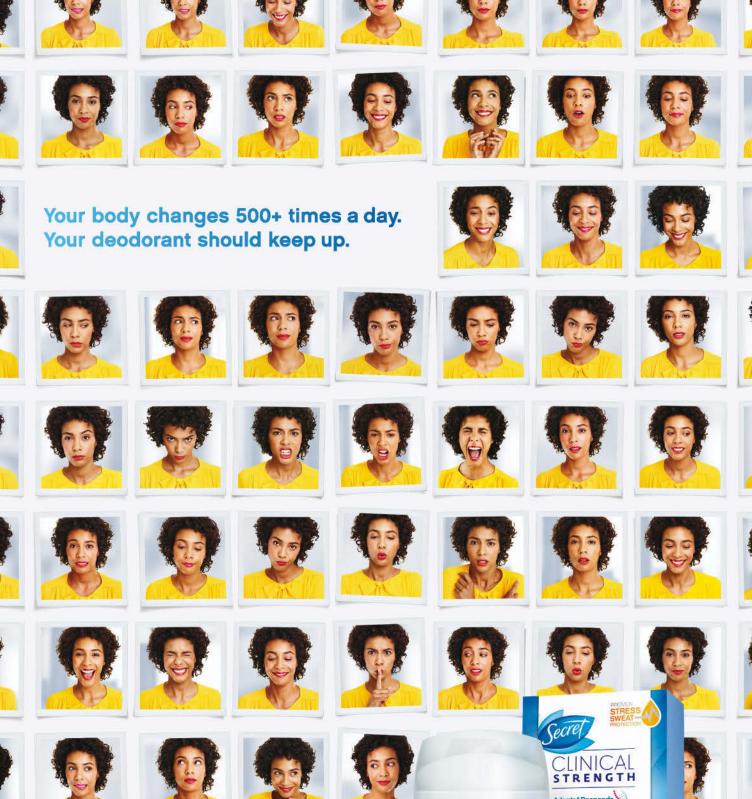
April 15 is fast approaching, and I've found a million things to do other than file my taxes. (On the upside, I've taught my dog to sit, mastered the smoky eye via YouTube, and texted about 400 emojis.) And I'm not alone in my propensity for putting off: 95 percent of people procrastinate occasionally, research shows, and a quarter of us consistently dawdle before doing dull (taxes) or stressful (um, taxes) tasks. Experts say our tendency to postpone may be reaching an all-time high, thanks to modern-day distractions (looking at

ya, Interwebs) and obligations (kids aren't the only ones who are overscheduled these days). We may even be predisposed to dragging our heels, suggests a study from the University of Colorado at Boulder.

If you're one of the lucky few who can routinely pull a rabbit out of your ass at the 11th hour with no ill consequences, congrats! But for the rest of us, perpetually sidelining tasks can get messy, fast. Chronic postponers tend to be less healthy (they often put checkups on the back burner), less wealthy (they pay bills late), and less happy (their habit makes them feel guilty and hence adds major anxiety), says Timothy Pychyl, Ph.D., director of the Procrastination

Research Group-yes, there is a group devoted to this prob!-at Carleton University in Ontario, Canada.

But we see a light at the end of the "mindlessly scrolling through my Facebook feed so I don't have to do that PowerPoint" tunnel. Turns out, there are many sorts of procrastinators, each with their own reasons for dillydallying, says Joseph Ferrari, Ph.D., lab director of DePaul University's Center for Social, Personality, and Community Research. Knowing where you fall is the first step to kicking the habit. Find your tribe by taking the quiz on page 110then read on for our tailored stop-stalling plan.











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## 11111111111

## QUIZ:

A big memo is due in an hour and you're only halfway done. You feel...

- (A) Exhilarated! Trying to beat the clock is a rush.
- (B) Nervous. No matter how hard you plug away, you won't get it into top shape.
- © Paralyzed—sh-t, sh-t, sh-t.

### Your most common reason for rescheduling

- (A) Eh, you can always squeeze one in tomorrow.
- B By the time you finally commit to going, the class is already half over.
- © Something better came up.

#### You need a new pair of black heels. What kind of shopper do you most resemble?

- (A) Impulsive: You hit the mall to check out some shoe stores but come home with bags from Sephora instead.
- (B) Unfocused: There are 816 results for black pumps on Zappos. Ugh! Maybe nude would be better?
- © Perfectionist: Your hunt for leather stilettos with rose-gold hardware and a 3.5-inch heel hasn't yielded a single pair for six weeks. What gives?

The party you're planning for your guy's birthday is next week...but you haven't sent invites yet. Your next move:

- (A) End up calling his buds the night before.
- (B) Wait until your bestie can help hash out the guest list.
- © Put it on your to-do list (after laundry, donating old clothes, and fun tasks like scrubbing the toilet).

MOSTLY A'S

#### THRILL SEEKER

Let us guess-motivation seems to come only seconds before crossing the finish line, right? Other clues this is your camp: You tend to make spontaneous decisions and are easily distracted. You may think you do your best work under pressure, but-truth bomb-studies show that's probably not true. Yes, the rush of playing me-againstthe-clock may help you deliver a killer maid-of-honor speech. But when it comes to long-

term tasks, you're inviting disaster. "People make more errors when they wait until the last minute," says Ferrari.

#### **ACTION PLAN**

1 / Create artificial limits. Set a timer on your phone for 20 minutes and see how much you can accomplish before it dings. You'll feel the thrill of working against a deadline without the danger of actually missing it, says Ferrari.

2 / Set up a high-risk, highreward situation. For example: If I finish my report by 2 p.m., I

get to buy that Club Monaco top; if I don't, I skip happy hour. When you have an incentive, you're more likely to cross the task off your list.

3 / Deep-six distractions. So clickbait's your downfall? Download an app like SelfControl, which blocks attention-grabbing sites for a set period of time.

4 / Put yourself on blast. Share your intention to finish your report with the Twitterverse; being accountable to a crowd may put heat under your seat.

#### MOSTLY B'S

Choices are harrrd! We feel you. But if you put them off, hoping that someone else will make them for you, you may be what psychologists call a "decisional procrastinator." It's likely a lack of selfconfidence (and a dash of commitment phobia) that's keeping you from taking action—you're afraid of being judged. "This person is usually so concerned with others' opinions that they strategically postpone," says Ferrari. "They'd rather not choose and typically prefer to come across as lacking effort rather than lacking ability."

#### **ACTION PLAN**

1 / Don't be so tough on vourself. "Realize that your image isn't tied up with one performance," says Ferrari. Instead of deliberating endlessly on where to throw your BFF's baby shower, just pick a place. Even if the service sucks, your friends won't think you're a bozo; they're likely too busy taking pics and having a blast with the mom-to-be. No big.

2 / Avoid an all-or-nothing mindset. Indecisives tend to be perfectionists, but it's impossible to be flawless every time, says Ferrari. Think of it this way: Isn't it better to turn in a good-but-notgreat project than nothing? Confirms Ferrari: "Getting a B is better than getting an F for not finishing at all!"

Make this your mantra: Don't think about getting it done. Just get started.



Prudential recently asked people from around the country to share important events that happened to them in the past, along with ones that might happen in the future. We displayed thousands of their answers and discovered an interesting fact: While the past was an even mix of good and bad, our participants believed that the future would be mostly good.

Behavioral scientists call this "optimism bias," and it's a major reason why many people fail to plan for risks they'll likely face in the future. So talk to your financial professional to learn how Prudential can help you protect against whatever tomorrow may bring. Hope for the best. And plan for the rest.

TALK TO YOUR FINANCIAL ADVISOR OR VISIT BRINGYOURCHALLENGES.COM

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#### 3 / Play a narrower field. Relying on other people's

whims all the time is no way to live! If you never take charge of brunch plans, you're not holding up your end of your relationships. To make this feel easier, ask people to let you choose-from limited options. Example: "I'll pick the dinner spot if you give me your top three locations." 4 / Find a guru. Spend time around someone on the job who acts swiftly and with confidence. You'll see that not all her solutions work out, but she's at least trying to move the situation forward—and is probably respected for that.

### MOSTLY C'S

The prospect of what you have to do seems overwhelming, stressful, or boring, so you give in to whatever other activity comes your way, says Pychyl. In a pinch, even a lame (but easy) task will do. Example: Filling out an expense report sounds Herculean, so you archive e-mail instead.

#### ACTION PLAN

1/Catch the worm. In other words, be an early bird. Try to accomplish the biggest task on your list first thing in the morning, when you're fresh and buzzing on coffee. If a

whopper assignment shows up late in the day and you really need to recharge (meaning you're honestly not just looking for a distraction!), find a quick source of energylike a brisk walk around the block, a snack with complex carbs (such as a handful of peanuts or a slice of wholegrain bread), or an upbeat tune-to help get you going.

2 / Bite-size your task.

Research shows that breaking down a project into smaller, more manageable actions can make it feel like a lot less work. ("Yay, I already crossed two things off my list!") "My mantra is 'Don't think about getting it done, just get started," says Pychyl. "Most of the time, when we get to it, it's not that bad."

3 / Try some mental tricks. Put a few big (but not necessarily dire) projects at the top of your to-do list, like "Learn Chinese." The stuff below it (i.e., the things you actually need to be doing) won't sound nearly as daunting in comparison, says John Perry, a philosophy professor at Stanford University and author of The Art of Procrastination.

4/See the light. Take a moment to envision the sweet relief you'll feel when you tick off that unsavory task, says Pychyl. "Remind yourself, 'I won't experience that if I abandon it." ■

#### So You Pinky-Swear You're Not a Procrastinator...

Still, certain moments can turn even the most punctual people into delayers, says procrastination researcher Timothy Pychyl, Ph.D. Over time, these seemingly insignificant habits could take a toll on your relationships and health. If you're...

### The Sex Procrastinator

You're kind of tired. You'll do it/him/ whatever tomorrow night. (Right.)

#### Your Move:

Make a sex date. Sounds corny...until it gets kinda hot.

#### The Phone-Call **Procrastinator**

You totes owe Mom a chat, but she goes on...and on...

#### Your Move:

Dial her up but warn her you need to be in a meeting in 15.

#### The Sleep **Procrastinator**

Scrolling through Instagram. Bingewatching Bravo. Annnd...it's 1 a.m.

#### Your Move:

Set a timer or alarm to get yourself to power down.

#### The Doctor's-Appointment Procrastinator

Ugh-she'll mention that you didn't come in last year. Pass.

#### Your Move:

Never leave a checkup without setting the next one.

## **Growth Hormone:**

## Why We Can't Stop Talking About This "Anti-Aging" Breakthrough!



# GROWTH HORMONE DECLINE 2000 1750 1500 1500 1000 750 0 10 20 30 40 50 60 70 80

talking about human growth hormone (hGH). A
recent article in a leading women's magazine starts out with a
very provocative statement: "When you see a 50-year-old actress who can pass
for 35, you can bet that good genes aren't the only things responsible for her
youthful glow." Allure magazine, in its "Anti-aging Special" issue, highlighted growth
hormone as its year-end call-out. And a revolutionary oral growth hormone booster
called SeroVital\*-hgh has been making headlines. After the famed Dr. Oz himself
introduced the research behind SeroVital to his audience and said, "I've been

searching for this since the day we started the show. I've been looking for ways of increasing hGH naturally because I don't like getting the injections," sales of SeroVital skyrocketed... But is SeroVital right for you?

#### what it's all about

Growth hormone is a single chain peptide hormone that's manufactured deep within the brain... in the pituitary gland. It's released into the bloodstream and travels throughout the body. It passes into your fat cells and can actually cause them to shrink. It enters your muscle cells, stimulating lean muscle growth so you look more tight and toned, even if you haven't been working out. When it reaches the skin it maintains healthy blood flow, ramps up collagen production and strengthens the underlying substructure of the skin's critical architecture, keeping your skin firm, tight and smooth, which is why so many people call HGH the "youth" hormone... and why some experts believe it's the key to combatting aging.

#### how SeroVital works

First off, let's be clear: SeroVital-hgh DOES NOT contain human growth hormone (hGH). It doesn't work like hGH injections, which introduce a synthetic form of growth hormone into the body, and which some experts fear may upset the natural production of hGH. Instead, SeroVital works on an entirely different principle. It increases hGH naturally in the body by nourishing the pituitary — the gland that manufactures growth hormone — which encourages it to produce hGH at more youthful levels. In fact, in a study of both men and women across a wide age range, SeroVital was clinically shown to increase mean, bioactive, serum (blood) hGH levels by 682%. The SeroVital formula is so unique it's been granted not one, but seven United States Patents to protect it from imitators."

#### the cost factor

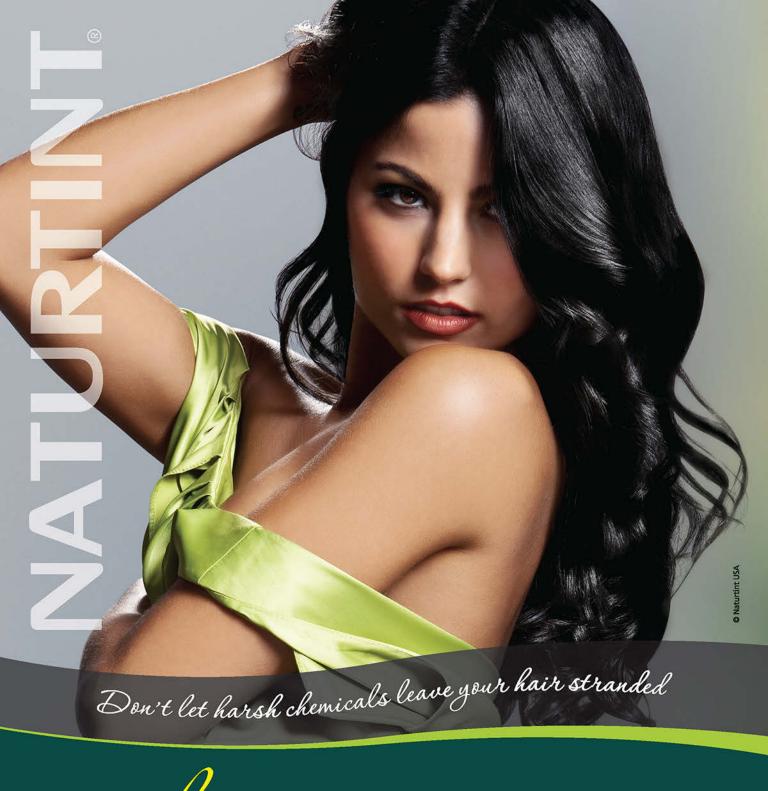
At \$99 for a 30-day supply, SeroVital isn't exactly cheap. But when you consider that growth hormone injections can run as high as \$1500 a month, \$99 doesn't seem too bad. And frankly, anything that may have the possibility of reducing wrinkles, tightening saggy skin, decreasing body fat, increasing lean muscle mass, and boosting mood, while giving you plenty of energy and improving sex drive is, at the very least, irresistible. For the full story on this revolutionary, oral growth hormone booster, visit SeroVital.com. Can't wait to try it? You can find SeroVital at all Ulta stores, Kohl's, and select GNC locations, or order direct from the manufacturer at 1-800-591-8617 or SeroVital.com. Use promo code HGH302 for free shipping.†



# Personal Shopper for Love

The online dating world is overflowing with "perfect matches." (Ha!) So how the heck are you supposed to find the guy who's truly right for you? Caitlin Carlson tests out three hyper-customized—and pretty pricey—methods that claim to weed out the duds.

> "I'M READY FOR THE TAB. CAN YOU ADD ONE MR. RIGHT



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#### **Love Coach**

As a 27-year-old woman living in Manhattan, I'm no stranger to the digital scene for singles. But after months of logging on, one thing cannot be denied: Online dating sucks now. There are too many "winks," too many messages from creeps, and way too many search results to manage.

Consider this: I get one hundred matches when I plug in my preferences: "Dark hair, athletic, at least 5'10", has a solid career, and lives within five miles of my zip code." C'mon! I do enough spam filtering at work—dating shouldn't be such a drag. And who has the time or patience to go on 99 first dates to end up on a single good one?

Well, matchmakers have cooked up new services that offer way überpersonal methods of finding your soulmate. But it will cost you. A lot. A penny (or 300,000) for a man? I'll bite.





#### *FIND YOUR TYPE*

Three Day Rule, a partner service of Match.com, uses facial-recognition technology to identify potential dates; available in major U.S. cities.

#### THE COST

\$3,500 for a three-month membership, or \$5,000 for six months; includes three guaranteed dates per threemonth period, date coaching, and profile-pic photography.

#### THE EXPERIENCE

First, I sent photos of my exes to TDR so that their facialrecognition software could detect the hair color, face shape, and eye shape that I find most attractive. This info helped narrow their singles database to a list of eligible bachelors. Then I met with my matchmaker in person to fill her in on my nonphysical preferences so she could winnow some more. Two weeks later, I received an e-mail from her with a bio and photos of Mike,\* a 27-yearold, tall, brown-haired salesman from New Jersev who likes to run—jackpot! My matchmaker arranged our first date at a hot spot

downtown, where Mike and I traded stories about our friends and childhoods. On the walk home, we had a hot good-night kiss. Our second date involved brunch and another great kiss.

#### THE PROS

Taking into account the kind of guys I like to look at? It's a (shallow) plus. "A lot of your 'type' can be found in the face," says Talia Goldstein, CEO and cofounder of TDR.

#### THE CONS

The software is cool, but not fail-safe. As Kelly Gates, Ph.D., a researcher of digital media technologies, points

out, "lighting conditions and camera angles can change appearances and produce faulty matches." #FiltersLie.

Plus, the process was mysterious. After our initial meeting, I didn't hear from my matchmaker for two weeks. I decided to check in to make sure she hadn't forgotten about me!

#### THE OUTCOME

Mike and I discussed date three but never made it, as our at-first-constant texting came to an end. The fade-out. Burned, I will say, though, that this service was great for bringing the cute, single guys straight to me.

#### <u>LET THE EXPERTS LEAD</u>

eFlirt Concierge is a service that perfects and streamlines your online dating game-from writing your profile to searching for (and messaging) your matches on various sites.

#### THE COST

\$1,500 per month (twomonth minimum); includes writing a dating profile and managing it on two sites, 10 messages sent to matches per month, and private coaching.

#### THE EXPERIENCE

Laurie Davis, eFlirt's founder, CEO, and my designated "concierge," Skype'd with me to get all the deets she needed to write my profile (which I then posted on the two dating sites she thought best suited my needs). She also set up a professional photo shoot in Madison Square Park with a local portrait photographer so I would have some hot pics to include. During the first couple of weeks. Davis let me choose my favorite 10 men from each site for her to contact. Then, as my membership progressed, she took over-picking and messaging guys for me.

I ended up meeting one dude, Phil,\* for a weekday drink-but the convo IRL wasn't as effortless as it had been online. Womp.

#### THE PROS

Having someone else pen my profile and messages initially felt weird, but it was a huge time-saver and made me realize I needed to let go of outdated rules about making the first move (even if Davis was making it for me!) and to consider out-of-the-box prospects.

#### THE CONS

The membership fees for the dating sites aren't included, and neither are the photos (they cost an

extra \$200). And a lot of guvs "I" wrote to didn't respond. Ouch! Davis suggested paying a little more for the "read receipt" option (if the dating site offered it), so I could see whether or not the messages were even opened. Turns out, about 25 percent weren't.

#### THE OUTCOME

I didn't meet The One during my membership, but I still belong to the dating sites I signed up for and am using Davis's strategies. Just the other day I struck up a convo with a hottie at Whole Foods, a new high for me.

### **Cheap Thrills**

Okay, so most of us don't have thousands to blow on personalized love coaching. Here's some free advice to get the most out of standard online-dating memberships.



Reach out to a match on Wednesday, Friday, or

You'll have about a 50 percent higher chance of getting a response on these days, according to data collected by Virtual Dating Assistants.com.



Find out how he likes

Similar tastes in these areas are crucial, says Maria Avgitidis, founder of Agape Match. Ask: "What do you like to do on your days off? What's a worthy splurge?"



Use words like "you" and "supportive" in

A 2012 study claimed that social and outwardfocused terms receive more responses than those that are selfinvolved or leisurely, like "I" and "movies."



Set the first date 17 to 23 days after initiating contact with him.

This specific window gives you the optimal online courting time before meeting, found a study in the Journal of Computer-Mediated Communication.



#### <u>MATCH YOUR DNA</u>

Agape Match, a boutique service operating in major Northeast cities offers Instant Chemistry, a DNA-based compatibility test for potential couples.

#### THE COST

\$10,000 to \$15,000 for a sixmonth contract (seriously); includes two or three guaranteed dates per month and unlimited coaching.

#### THE EXPERIENCE

I met founder Maria Avgitidis in Agape Match's NYC offices, where she asked the by-now standard list of questions and then instructed me to spit into a tube (eww?) that would be sent back to Instant Chemistry's lab for DNA analysis. The results were then compared with those of the single men in Agape Match's vast database to see, for example, if our genes responded the same way to emotion-altering neurotransmitters, like

serotonin. (Apparently, this is the key to a happy, long-term relationship. But Agape Match also takes into account many other compatibility factors, like shared political views and family values.)

Matching complete, Avgitidis presented three men via e-mail, listing their basic info...but no photos. Intentional blind dating.

I picked Dave,\* a tall, blonde, goofy-yet-ambitious guy who worked at a tech startup. Avgitidis planned our outing to a Paint Nite party, where you sip cocktails and pretend to be Picasso. While the date was memorable, I iust didn't feel attracted to Dave, even though our DNA was "83 percent compatible." Hey, the spark is complicated!

#### THE PROS

The organized dates were fun. luxe, and engaging-from tapas and chocolate fondue at a quaint wine bar to dinner at Michelin-starred restaurants. Plus, Agape Match's post-date feedback form helped me refine exactly what I want (and don't want) in a partner.

#### THE CONS

First: The price is *outrageous*. Second: I'm not sold on the whole DNA-linkage bit. "It's like a horoscope," says Lawrence Brody, Ph.D., senior investigator at the National Human Genome Research Institute. "It's fun, and some think it has validity, but there's no real science to support it." Right. I think I'll go with my own intuition. It's free.

#### THE OUTCOME

I'm still on the market, but the more dates I go on (and the more I reflect), the clearer I see who Mr. Right is for me. ■

36, comedian and star of the film Get Hard

Where do you take your fiancée, Eniko Parrish. when you want to impress her?

The smaller things go so much further than grandiose dinners. I like a movie night with no one else around-because there are always people around, given what I do.

When was the last time you were really scared? When I saw a

raccoon in my trash. The raccoon was gonna make a move. Running away is an understatement. I. Hauled. Ass!

What do you sing in the shower?

I'm more of a rapper, because my singing is so bad. I'm a big fan of Usher, Justin Timberlake, Maroon 5-I'm very versatile. I also like Justin Bieber's new album.

How can you tell that a woman is flirting with you? Because of my size, women are very affectionate with me. [Editor's note: Kevin's a strapping 5'4".] They are huggers and try to put me in their purses. I take that as flirting.

> Name one thing that's

better than sex. More sex.

-Faye Brennan

#### Fast Talk

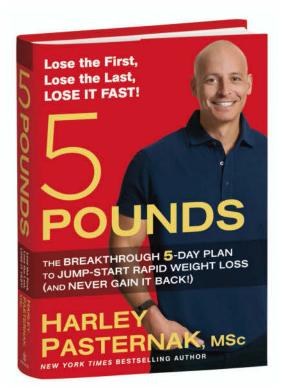
- >Long hair or short? Doesn't matter, as long as it comes with a nice smile.
- > Favorite pickup line? "If I were taller, would I have a
- nothing? No one wants to lay next to a musty busty. Perfume.
- > First thought in the morning? Kevin, get in the bathroom. It is time to poop.
- > Desert island must-have?





My kids.

## Drop Your FIRST or LAST 5 POUNDS—for GOOD!



## The hardest part of lasting weight loss is shedding those pesky first or last 5 pounds.

Harley Pasternak, best-selling author of *The Body Reset Diet*, offers 5 daily habits that yield incredible results in his new book, **5 Pounds**. This simple program boosts your energy, improves your health, and helps you drop pounds without working out more than 5 minutes a day!

- "In his latest book, 5 Pounds, Harley offers his easiest, most effective program yet. Follow his advice to drop those pounds and change your life!"
- -JJ VIRGIN, New York Times best-selling author of JJ Virgin's Sugar Impact Diet and The Virgin Diet

"I am healthier, leaner, and stronger than ever, thanks to Harley."

-ADAM LEVINE, Grammy Award-winning singer/
songwriter and cohost of *The Voice* 

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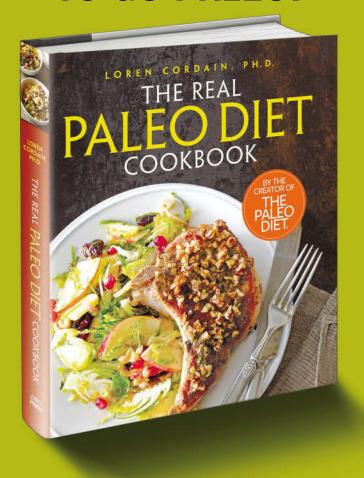






FROM THE WORLD'S LEADING EXPERT AND FOUNDER OF THE PALEO DIET® MOVEMENT

## A DELICIOUS WAY TO GO PALEO!



In this all-new cookbook, the founder of The Paleo Diet® makes eating Paleo a pleasure, not a burden. This is the book the Paleo community has been waiting for—scientific accuracy combined with great taste.



hmhco.com/cooking









## "LOVE YOGA...

"I am superstrong and flexible and appreciate my body—but I'm about 20 pounds overweight," says Summer, who's been teaching Vinyasa yoga for five years. Despite leading 15 sessions a week—some of them on a stand-up paddleboard—"I'm still not comfortable doing downward dog in a bikini," she admits. More problematic: Summer's BMI is higher than it should be, and the weight has settled in her midsection, the unhealthiest spot. "As someone

who works out for a living, you'd think I would be leaner," she says. "I'll admit I drink three craft beers a few times a week, but it doesn't seem like enough to ruin all the work I put in."

Research shows that while yoga can help lower blood pressure, improve range of motion, and reduce anxiety—all good things! it's not exactly the biggest fat blaster on the planet. And Summer is most likely underestimating how much her eating and drinking habits affect the number on the scale.

Incorporate two 30-minute high-intensity interval sessions into your weekly routine. Sample workout: Sprint for 60 seconds, recover at an easy to moderate pace for one minute, then keep repeating. In a University of Virginia study, people who did high-intensity workouts cut more inches from their waistline than those on a low-intensity plan (like yoga). It's the one-two punch of getting your heart rate way up and trying something new that kick-starts fat loss, says Ballantyne.

#### **KEEP YOUR OM, LOSE THE WEIGHT**

✓ CHILL OUT. Researchers from Colorado State University found that even though hot yoga feels mega-intense (and gets you super sweaty), it torches just 220 calories in 60 minutes-about the amount you'd burn walking for that long. A better bet: Power yoga, in which you move from one pose to another constantly, can zap closer to 300 calories per hour while also



**✓** DON'T LET HAPPY "HOUR"

**BECOME TWO.** A new study from

Northwestern University shows that

people drink more on the days they

olive oil and avocado) instead.

## "I'M EITHER **ALL IN-OR ALL**

"A couple of years ago, I did P90X for three months and felt like I could totally rock a miniskirt." says Serena. "But working out for an hour six days a

week took over my life, and it just wasn't sustainable." Since then, Serena has gone through a number of super-fit phases, whether through kickboxing or barre class, but can't find a steady routine that she can stick with for the long haul. "I'll become obsessed with something and then get bored easily, which is why I'm now mostly cobbling together a mix of running and yoga, with some lunges and squats," she says. "I've been blessed-or I guess burdened, depending on how you look at it—with a bubble butt, but it's getting harder and harder to keep it toned and tight. I know I should do a lot more strength training to combat the effects of gravity, but it's my least favorite thing."

> Serena's right: Strength training firms up your butt, arms, and legs. But a little goes a long way. Get a load of this: "Most of my clients actually get the best results when they work out less frequently but at a higher intensity," says **Ballantyne. They're giving** their muscles a chance to rest and adapt before pumping and flexing them again.

Make your strength routine maintainable by going hard for 30 minutes just three times a week, not six. Then stay lightly active on your off days by hiking with your dog-one of Serena's favorite ways to unwind—or taking a long, leisurely bike ride.

building more

strength.

Reach

new

a whole

level of fitness.

#### **FIND YOUR BEAT**

✓ DON'T KILL YOURSELF. "You can get away with relatively low doses of exercise if you're willing to work hard," says Martin Gibala, Ph.D., a kinesiology professor at McMaster University. But up the intensity too much and you may start to dread your workouts. Gibala says the sweet spot is pushing slightly past your comfort zone so you're breathing hard but not gasping (or puking).

✓ **SEE THE GOOD.** If you're constantly beating yourself up for gobbling too many cookies or skipping boot camp to sleep in on a Saturday, you'll be less likely to work up a sweat: A meta-analysis in the journal *Health* Psychology linked self-compassion to better health behaviors, like going to the gym. Pump yourself up daily by writing down at least one triumph, such as "I passed on the doughnuts at the party" or "I finally graduated to 15-pound dumbbells."

#### ✓ KEEP THINGS INTERESTING.

Eat a PB&J every day and soon enough you'll never want to see nut butter again. Have it once a week, though, and you won't mind keeping it in the rotation. The same goes for exercise. Even if you fall head over heels for a class or DVD, limit it to just one or two days a week to keep the spark alive.

## "I LOST THE POUNDS; NOW I'VE **PLATEAUED.**"



Two years ago, Kim's doctor told her she needed to lose 10 pounds, "It came as a shock, since I was training for a half-

marathon," Kim says. Turns out the steady jogs weren't doing much for her waistline. High-intensity workouts like CrossFit were just the jolt she needed to shed the extra lbs. Since then, Kim has started to divide her time between arms and legs days, three- to five-mile runs. and stair sprints. And while she's kept the weight off, she hasn't seen much change in muscle definition.



Kim Guzman, con't

People who lose weight and then stall tend to be sticking with what used to work, even if it's no longer getting results. "When you do the same things over and over again, your body adapts to your workout and isn't stimulated to keep changing," says Ballantyne.

Progress comes from going a little harder each month (like increasing your weights by five pounds). Ballantyne also suggests nixing one weekly cardio workout and using that time to meal-plan or just rest up: "Some people gain weight when they do extra cardio because they use it to justify extra calorie intake."

## REBOOT YOUR RESULTS

- ✓ THINK TOTAL BODY. Many exercisers start zeroing in on trouble spots after losing weight. But that's usually a waste of time—above all when it comes to your abs. Losing overall body fat can be a surer way to reveal strong, flat abs. "You'd need to do about 22,000 crunches—or two straight days' worth—to burn 3,500 calories, which is the amount you need to torch in order to lose one pound," says Ballantyne. (Our necks hurt just typing that.) So stick with total-body training for a more defined waistline.
- ✓ GIVE YOURSELF 10. Adding a highenergy strength circuit for just 10 minutes once a week can help you get over a hump on the scale, says Ballantyne. For example, 45 seconds each (doing as many reps as possible in that time) of moves like pushups, jumping jacks, burpees, planks, and squats with toe raises.
- ✓ PHONE A (FIT) FRIEND. Who you spend your time sweating with matters: Working out with a pal who's faster or stronger than you can help motivate you to go longer and harder, according to a Kansas State University study.

### "I'VE TRIED EVERY WORKOUT, AND I BARELY LOOK LIKE I WORK OUT."

CHRISTINE MILLER, 34, NEW YORK CITY

Christine lives in the mecca of boutique fitness, where there's always a new "it" workout that she just *has* to try. And when her work schedule or social calendar keeps her from getting to her favorite classes, she manages to squeeze in a treadmill run. "I actually enjoy exercising, and I especially love that it helps me de-stress," says Christine. "But for all the resources I'm putting into it, I feel like I should actually look like someone who works out! Instead, I have no muscle tone and I always feel kind of puffy."



AGNOSIS

Even someone as dedicated as Christine needs a specific objective to see change, says Ballantyne. In other words, you can't expect results without articulating what they look like—whether that's defined abs, the upper-body strength to do a pullup, or being able to run a seven-minute mile.

VORK IT OUT

Once you know what you're after, you can tailor your à la carte workout schedule to fit that mission rather than just choosing classes on a whim. Say you want to lose weight: "Make sure your weekly workout schedule includes at least three 30-minute body-weight circuits, and then "boom!" goes the fat-burning dynamite," says Ballantyne.

#### FIND YOUR FOCUS

- ✓ KEEP TABS ON YOURSELF. If you're constantly switching up your workouts, log your schedule using an app such as RunKeeper, myWOD, or MyFitnessPal to make sure you're not overloading on one kind of activity (such as, all core classes or lower-body blasts).
- ✓ HAVE A PLAN B. When you can't make it to a class, stay on track by having two backup plans: one cardio and one
- strength. If you were supposed to take a dance class, go for a jog. If boot camp was on the agenda, do pushups, lunges, and other body-weight moves in your living room.
- ✓ PLAY FAVORITES. "I'd go crazy without my Saturday long runs, which I look forward to all week," says Lovitt. If there's a workout that doesn't totally help you hit your goals but *does* give you a huge endorphin rush, keep it in the mix.

## "I WANT THE HOT BOD, BUT I'VE GOT 45 MINUTES—MAX."

MIA SISSAC, 37, CHICAGO



my waistline broke up with me and my legs have turned into tree trunks!" Mia says. "I'd like to tone up and still be able to haul ass out of the gym in 45 minutes or less."

**Stop wasting precious** seconds on those cardio machines, which don't sculpt muscle like resistance training does, Ballantyne says.

Warm up with three to five minutes of body-weight exercises (like mountain climbers and lunges), then do a 30-minute strength circuit, using dumbbells to alternate between upper-body, lowerbody, and core exercises. Here's the real game changer: Drop the wall squats and rest breaks to banish boredom and keep your heart rate elevated (see how we snuck the cardio in there?).

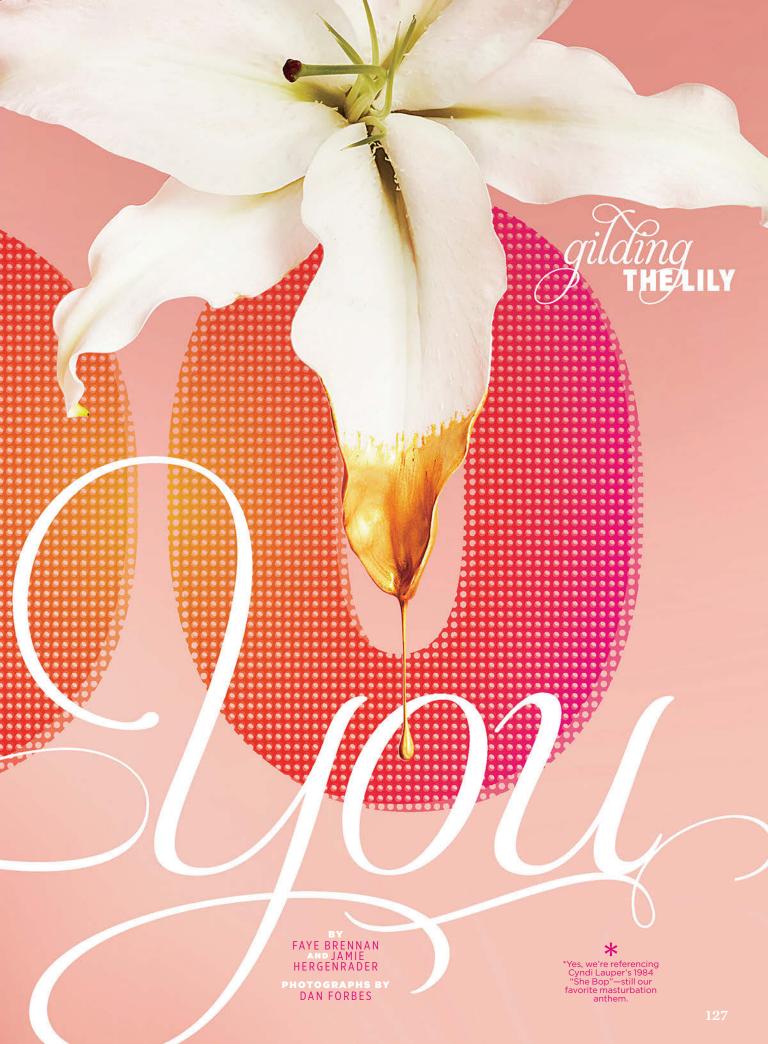


#### **MAXIMIZE YOUR MINUTES**

- ✓ STAND AND DELIVER. Skip the seated weight machines (like the inner-thigh machine you probably made a beeline for at your college rec center); they're made to isolate just one or two muscle groups at a time. Instead, focus on doing free-weight, total-body exercises (moves that require tools like a kettlebell, dumbbells, and barbells)—they work multiple groups at once, which can deliver a bigger metabolic boost, says Lovitt.
- ✓ GO HARD AND FAST. The key to quickies is upping the intensity so you cram in a big calorie burn in a short period. But that means you need to push yourself the entire time. According to a study in Medicine & Science in Sports & Exercise, head-to-head competition may help you pick up the pace, so consider taking a group cycling class or a boot camp that has you racing to get more reps in.
- ✓ TUNE IN. Sweating solo? Prioritizing your playlist could make all the difference. Canadian researchers recently found that people who listened to their favorite upbeat songs as they cycled pedaled faster than when they didn't listen to music during training. Have the right mix cued up so you don't have to pause to skip over that Sam Smith slow jam in the middle of a balls-to-the-wall workout.







## WE'VE COME A looong WAY

from the days when female masturbation was thought to cause infertility, insanity, and blindness (give us an effin' break). Numerous studies prove it can boost self-esteem, reduce stress and insomnia, and make you even more orgasmic with your partner (mic drop). And yet jilling off still has its stigmas: In a new WH poll, 58 percent of readers say they can't even discuss the ritual with friends. **Any wonder that National Masturbation Month (coming up** in May) is entering its 20th year, yet you've never heard of it?

Let's lift the cone of silence. Because the more you know, the hotter it can be—alone and with your guy, says Pepper Schwartz, Ph.D., a sex and relationship expert. The numbers bear this out. According to our survey, 73 percent of women reach the peak every time they indulge in a solo sesh. But only 21 percent of us climax that reliably with a partner. Starting with yourself is the first step in bridging the gap.

To that end, we crowdsourced readers and experts for
the who, what, where, when,
and why of flicking the bean.
Here's to making your next trip
down masturbation lane even
more unforgettable.

## Sharing Is Caring

Tips this steamy are too selfish to keep to yourself. Tweet this piece to your friends using the hashtag #YouDoYou. Find it online at WomensHealth Mag.com/YouDoYou.



Short answer: practically everyone.

#### DO YOU MASTURBATE?

YES 93%

NO 1% ONCE OR TWICE—EVER 6%

What's up with that?! "Many have never had an orgasm, so they give up," says Schwartz. (This you? See "What," at right.).

#### **HOW OFTEN?**

If you give yourself multiple O's in 24 hours, your time-management impressive

MORE

THAN ONCE

A DAY

High-five! You hit the sweet spot. Just enough to juice your peach yet still crave your man's banana.

2 OR 3 TIMES PER WEEK

ABOUT ONCE A WEEK

#### FOR HOW LONG?



C'mon, focus! You deserve at least 10 minutes to grease the wheels. But any longer than 30 and you may rub yourself raw. Try again later.

#### SO WHAT DO ALL THESE #S PROVE?

That women and men actually have similar sexual urges, says Madeleine Castellanos, M.D., a psychotherapist and author of Wanting to Want: What Kills Your Sex Life and How to Keep It Alive. (The majority of men ages 18 to 49 wank off "a few times per month or weekly," according to the 2009 National Survey of Sexual Health and Behavior.) And it's a healthy habit for all. "By satisfying these natural desires, you can become more in tune with your own body, which will help you enjoy sex even more," says Castellanos.

Left to your own devices, you like to tickle, pulse, or penetrate your most intimate parts with some pretty interesting things.



### hands

You can control the speed. direction, and pressure. Perhaps that's why 65 percent of our survey participants enjoy this approach.

#### make it hotter

Lube can increase feel-good slippage during skin-to-skin contact. Put a dab on the palm of your hand, then repeatedly slide it down against your external parts with firm pressure, says Jessica O'Reilly. Ph.D., a sexologist and Astroglide spokesperson.



#### toys

Eighty-four percent of those who say they use toys opt for vibrators, and no wonder: A study by the Berman Center in Chicago found that women who get their buzz on may orgasm more easily than nonusers.

#### make it hotter

Stimulate two hot spots at once by rubbing your clitoris with one finger while your vibe is inside you, "Move the toy in a ticktock motion," suggests O'Reilly.



### objects

Women love water sports, with 65 percent of those who use objects reaching for a showerhead to get off.

#### make it hotter

Aim the stream around the outer edges of your vag, not inside you (it can wash away good bacteria!). Or raid the kitchen: Tap a wooden spoon against your vulva to stimulate blood flow, or roll a lime or an ice cube around your clitoris to play with textures and temperatures.



#### **MUST-SEE TV**

Fellas aren't the only ones who are visually wired: According to our survey, 37 percent of women say they watch porn regularly while riding the pink canoe. Myth, busted!

#### **PUT IT ON VIBRATE**

The latest sex toys can buzz or zap you into O-Town in no time.

#### 1 / Lelo Ina Wave WaveMotion tech

moves the shaft back and forth, while the clitoral nub shakes in place. It looks like it's waving at your G-spot. Who knew coming could be so adorbs?! \$199. lelo.com



## Hello Touch X

Fingertip pods use currents of electrons to safely rev the nerves and muscles under your skin for deeper and more intense orgasms.\* \$145, jimmyjane.com

### 3 / Vesper by

#### Crave

A slim, bulletshaped vibe that doubles as a sleek piece of jewelry when worn around your neck. But it's oh-so-much more-because it offers a sweet release. From \$69, lovecrave.com

## DR. RUTH ON CHOOSING YOUR MASTURBATION LOCATION



The psychosexual therapist and Columbia University professor's new book, *The Doctor Is In:* Dr. Ruth on Love, Life, and Joie de Vivre!, comes out this June. Her wisdom, in her own words:

"First, make sure that you're \_\_\_\_\_\_, because I'm old-fashioned and I don't want anyone masturbating in the \_\_subways of New York . You can start thinking about it in the \_\_subway \_, but don't \_\_touch yourself ! Wait until you're in the privacy of your own

\_\_\_\_\_\_bedroom\_\_ or \_\_\_bathroom\_\_ .
\_\_\_\_\_\_\_\_ can help some women,
but I think you should just read
some \_\_erotic literature\_\_ . (Or think of a
football team standing in your bedroom .)

For some, the orgasmic response might be stronger if you are <u>standing up</u> and <u>leaning against a wall</u>. If you'd rather <u>lie down</u> on the bed, just don't <u>fall asleep</u>! And don't <u>answer the phone</u>!

Finally, once you have <u>an orgasm</u>, feel free to <u>stimulate yourself</u> again to have a few more. Then you should <u>rest a little</u>, <u>smile</u>, and <u>think of</u> pleasant thoughts."

Testosterone surges make it easy for dudes to get rarin' without even trying (hiya, morning wood). For the XX set, hormones play a role, but getting aroused usually takes a little bit more, says gynecologist Lauren Streicher, M.D., author of Sex Rx-be it with an assist from chilled-out surroundings, steamy fantasies, or the right kind of touch. Indeed, our survey found that the most popular time for women to masturbate is at night, while 38 percent will do so when they have a minute alone. These two stats are logically connected: "Nighttime seems to be when women have the most time to themselves and are more relaxed because the day is over," says Streicher.

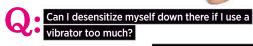
#### ASK OUR LADY DOC

Rachael L. Ross, M.D., Ph.D., a family medicine physician and cohost of *The Doctors*, answers your self-love Q's.

Sometimes, I don't always finish when I'm touching myself. Is that normal?

-Robin, 24, Provo, UT

Completely. For women, masturbation is mental, too. If a sound or stray thought distracts you, you may lose your momentum and have to work yourself back up again. But if it suddenly seems like you can never finish, see your doc—a medication or illness may be to blame.



-Erin, 32, Phoenix, AZ

Yes, it may take more time, pressure, and intensity for you or your partner to bring you to orgasm the old-school way. If you notice you're having a tougher time climaxing than usual, take a break from the toy for a few weeks, and then use it only in moderation (no more than three times a week).

## WHY

As if you needed more reasons... The surprising mind and body benefits you get from shining your diamond.

(P.S.: How are all these euphemisms working for you?)

Pleasuring yourself can rub out the sads. A recent study found that women who had low levels of oxytocin, which is released during orgasm, had a higher risk of postpartum depression. Boosting oxytocin through self-induced O's may help with any type of blues.

5

It puts your well-being first. A study in the *The Journal of Sexual Medicine* shows that women who use vibrators are more likely to routinely see a gynecologist and perform self-examinations of their nether regions than nonusers.

biscuit can increase your pain threshold. According to research in *The Journal of Sex Research*, vaginal stimulation can block substance P, a pain transmitter, which is one reason some women may masturbate for relief from intense menstrual cramps.

does we for your floor me contract floor me cont

Strumming also does wonders for your pelvic-floor muscles. Consistent contractions during orgasm—which many women are more likely to have during solo sex—can help prevent or treat urinary incontinence, according to research.

AND NOW... A WORD\* FROM MILEY CYRUS:

"A masturbate a day keeps the haters away."

Squeezing
The Peach

## THERE'S AN APP FOR THAT, TOO

Wanna invite your guy in on the fun?
The new age of self-pleasure toys use Bluetooth and/or Wi-Fi technology to connect to his smartphone, so he can virtually join your solo sessions from anywhere.



#### 1 / We-Vibe 4 Plus

This toy's app gives your man 10 different vibration modes to choose from, as well as the ability to create his own patterns. You'll feel every decision he makes in real-time via the We-Vibe vibrator, which has both C- and G-spot stimulators. \$179, wevibe.com



#### 2 / BlueMotion Nex|1 by OhMiBod

A fits-in-your-panties massager that offers preset and customizable vibration modes in its app. But the coolest part: If your guy has a smartwatch (like the Apple Watch or Moto 360), the app can pick up on his heart rate and match your buzzes to its speed and frequency! \$129, ohmibod.com



#### 3 / Vibease

The app connected to this hands-free vibe gives your man complete control over the buzzing, and also lets you message each other in the moment...so you can tell him right then and there that whatever he's doing feels *juusst* right. \$99, vibease.com







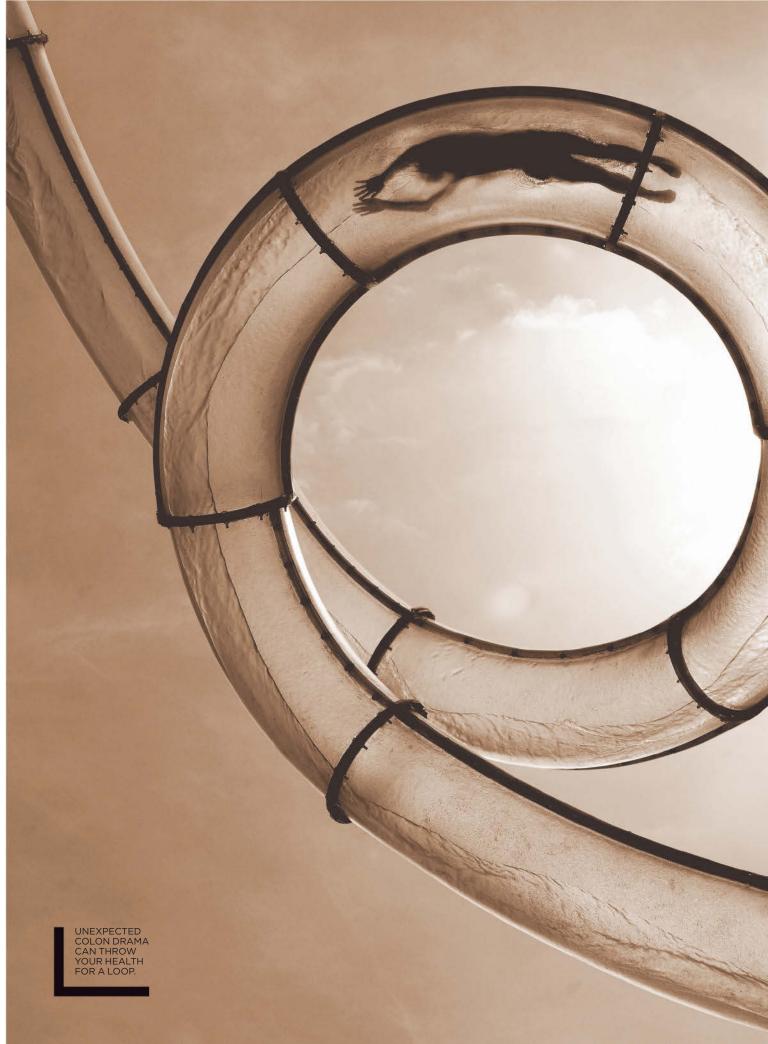


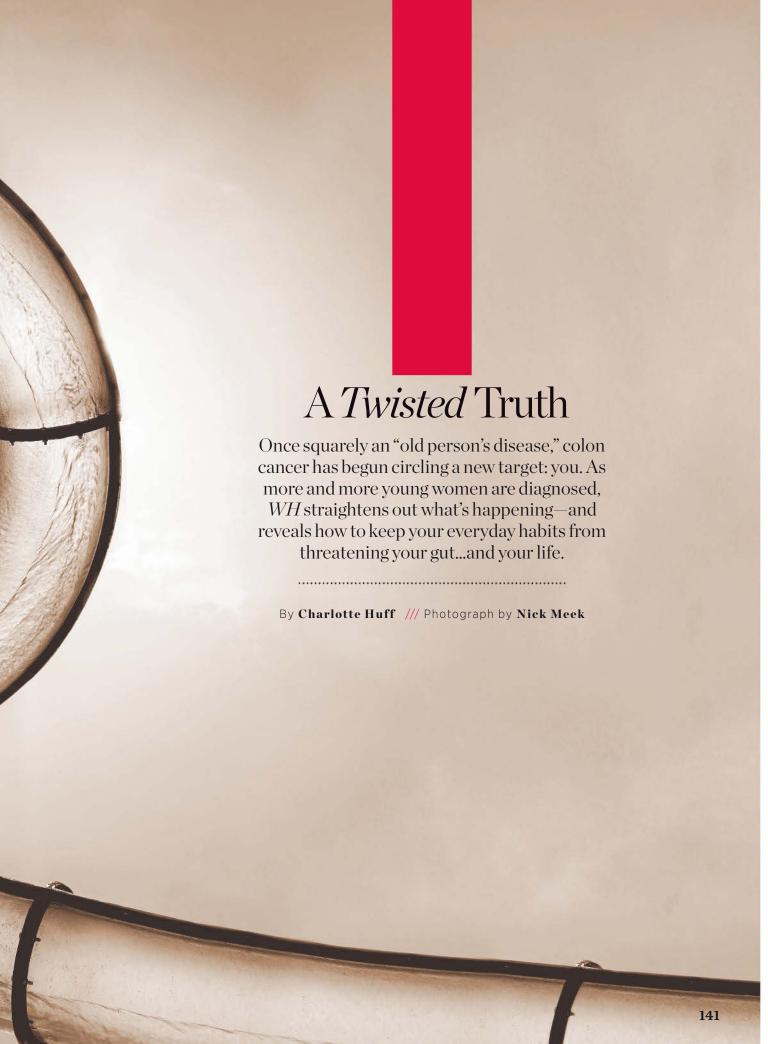












SOME BLUNT TOILET TALK MIGHT JUST SAVE YOUR LIFE. PER AN ALARMING NEW STUDY, COLON CANCER-SYMPTOMS OF WHICH INCLUDE GAS PROBLEMS AND GRISLY POOPS—HAS STARTED HITTING YOUNG WOMEN, HARD. IF THE TREND CONTINUES, BY THE YEAR 2020, THE INCIDENCE AMONG FEMALES AGES 20 TO 34 WILL BE UP 37 PERCENT; BY 2030, 90 PERCENT. CLOSELY LINKED RECTAL CANCERS IN THAT SAME GROUP WILL SOAR 124 PERCENT IN THE NEXT 15 YEARS, THE OUTLOOK IS SIMILARLY GRIM FOR WOMEN AGES 35 TO 49.

Perhaps even more unsettling, many of these cases are advanced, likely because they're initially misdiagnosed or caught too late. Scarier still, for unknown reasons, younger adults appear to get more aggressive (as in deadlier) types of the disease.

"It's very disconcerting to see 20- and 30-year-olds coming in with widely spread cancer," says Kiran Turaga, M.D., a cancer surgeon at the Medical College of Wisconsin. "It's a real phenomenon"—and a puzzling one, as colorectal cancer doesn't just pop up overnight. Typically, it takes years, even decades, to develop.

As experts race to figure out why an "old person's disease" is infiltrating the young, a pair of sneaky culprits has emerged.

#### HAZARDOUS HABITS

So you overindulged last night. Then skipped your a.m. cycling class. Big whoop, right? Right. Unless it happens more often than you'd like to admit. (Once a week? Or is it every few days now?) As work and stress loads increase, many women lose track of how much they actually eat and exercise. And a pileup of bad behaviors can pile up in your colon.

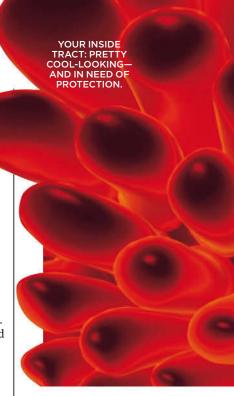
Hit-or-miss nutrition, for one, can rob your gut of the consistent fuel it needs to stay strong. Added pounds also court trouble: Up to 11 percent of cases have been tied to overweight or obese BMI's. Perma-parked buns are another factor. Every two extra hours of sitting can raise your risk by 8 percent.



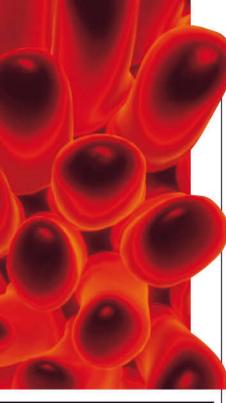
Compounding the problem is that colon cancer isn't even on our radars. Awareness is low and embarrassment high (not every woman wants to share poop news with her doctor). Even M.D.'s are slow to connect the dots. After all, young people aren't supposed to have colorectal cancer—a perception that can delay diagnosis, says Felice Schnoll-Sussman, M.D., director of the Jay Monahan Center for Gastrointestinal Health at Weill Cornell Medical College/NewYork-Presbyterian Hospital.

What's more, some 70 million people suffer gut trauma, the vast majority of them women. And less serious issues can mimic malignant red flags. "Many of my young advanced-disease patients had been complaining of symptoms for more than two years; they'd been told they had hemorrhoids," says George Chang, M.D., director of colon and rectal surgery at Houston's M.D. Anderson Cancer Center. Signs like abdominal pain and cramping could be misattributed to, say, irritable bowel syndrome.

Screenings are one way to



**Germ of an Idea** // New research suggests probiotics might help prevent colon cancer. Swallowing the live "good" microbes can help keep your gut's bacterial balance steady. It's when things get off-kilter that inflammation, then cancer, could creep in, says gastroenterologist Rajiv Sharma, M.D., author of *Pursuit of Gut Happiness*. However, don't hoover probiotics just yet. The studies are preliminary; scientists haven't yet cracked the ins and outs or ideal amounts. For now, Sharma says, work them in via foods such as Greek yogurt, kefir, tempeh, or miso. If you must take a supplement, go for a daily one that includes multiple bacterial strains.



take such speculation off the table. But the gold standard, the colonoscopy-in which a tube is threaded through the intestines to search for suspicious growths—is routinely recommended for people 50 and up. (Thanks to the test, cases in that age bracket are steadily declining.)

New breakthroughs, like the just-approved Cologuard DNA-based Rx stool test, will make screening easier for all age groups, says Turaga. But while science catches up, your best lifeline might be yourself.

#### **GUT CHECKS**

When it comes to prevention, the stuff that works is the stuff you've heard oh-so-often. Don't smoke. Those who do are 25 percent more likely to die of colorectal cancer than those who never puff. Check your drinking, too, since even moderate tipplers (one to three daily drinks of any kind) are 21 percent more vulnerable to the disease. And get off your butt-exercising just six hours a week can slash your Big CC risk by 24 percent.

Above all: Be proactive. Know your family history; if a parent or sibling has or had colorectal cancer, your risk doubles (it shoots up higher with each affected relative). Inflammatory GI disorders such as ulcerative colitis or Crohn's disease can also increase your odds. Sound like you? See a specialist and demand high-risk screening, which might involve stool tests and colonoscopies.

Also look out for any new, persistent under-the-belt aches. If your doc gives you a rushed diagnosis-it must be period-related; it's just stress-don't be afraid to seek a second opinion. Detailing every symptom, however awkward, and insisting on tests could keep your gut in line for along, long time. ■

#### **REGULAR PROBS** OR RED FLAGS?

No need to bust out a magnifying glass: The key to spotting colon trouble is "knowing your bowel habits," says Felice Schnoll-Sussman, M.D. Internalize this symptom primer, and call your doctor if anything new and unusual sticks around for several weeks.

Bright-red blood in the toilet bowl or on vour TP post-pooping. It could indicate a small anal tear or a typically harmless hemorrhoid.

Darker blood (think maroon or almost black) that's intertwined with stool might signal colon bleeding.

#### **PROBABLY OK**A stretch—even a week or

two-of constipation or straining. Yes, we mean pushing like a pro with little to show for it. Hint: You might be dehydrated.

#### OBABLY NOT

Out-of-nowhere or prolonged constipation (longer than a month), together with narrow or pencil-like stools, which could mean a roadblock in the colon.

Cramping or bloating that makes it hard to button your jeans.

**PROBABLY NOT**Daily pain fierce enough to interrupt your sleep or force you to change your routine. Whether it's cancer-caused or not, see your M.D., stat.

FOUR WAYS YOUR PLATE CAN KEEP YOUR COLON SAFE

#### Load up on produce.

Especially artichokes, apples, and pears, which are rich in gut-protective fiber. Studies tie high fruit and veggie intake to reduced colon cancer risk. Make them half your meal.

#### Ease off the red meat.

It can raise colon cancer risk at least 30 percent if eaten daily. Scale down to 18 ounces per week (about three lunches' or dinners' worth). and cut out all processed meats.

#### Learn to love spice.

Specifically, curcumin, an active ingredient in turmeric (found in many curries). Research shows it might prevent or slow the growth of malignancies.

#### Don't skimp on dairy.

Both calcium and vitamin D—especially when eaten together-seem to have colorectal cancer-fighting powers. Opt for low-fat milk, cheeses, and yogurts.

Bianca Pratt Jewelry "E" initial necklace (on ubcriber cover. ancaprattjewlery

Elisa Solomon Jewelry Moon necklace, \$780

Eva Mendes Exclusively at New York & Company

Ilana Ariel subscriber cover,

Lizzie Scheck

Jewelry Z **Maidenform** One Splendid 1x1 tank top, \$38, splendid

**Vince Camuto** Final Destination bracelet, \$48,

Ariel Gordon Arc Far pin. \$225 arielgordonjewelry.com Hirotaka ear cuff, \$380 (for single ear cuff), barneys.com **Zöe Chicco** gold arrow, \$75 each, and spiked bar, \$130 each, zoechicco.com

Viva La Eva!

PAGE 103 Bianca Pratt Jewelry "E" initial

necklace, \$275, biancaprattjewelry.com Eva Mendes Exclusively at New York Company Kristina lace skirt, \$65

nyandcompany.com Ilana Ariel TENE103Y necklace, \$800, ilanaarielcollections.com Lana Jewelry (worn throughout) 453YG Flat Magic hoops, \$430, lanajewelry.com

Splendid IxI tank top, \$38, endid.com PAGF 104 Day Birger Et Mikkelsen Day

Eva Mendes Exclusively at

New York & Company Gia maxi dress, \$100,

nvandcompany.com Jessica Biales gold dog tag necklace, \$4,825, jessicabiales.com **Jimmy Choo** Lee sandal,

\$1,050, iimmychoo,com Statement cuff, \$165, michaelkors com

Tomtom Jewelry interlock ring, \$118, tomtomjewelry.com Anna Sui Crepe trousers, \$264,

Carrie Hoffman Jewelry Bar

Letter from the Editor Duo Clavicle necklace, \$505, and Triple Bar necklace, \$815, carriehoffmanjewelry.com **Earthy Chic Boutique** 

Aquamarine Disk bangle, \$1,650, earthychic.net Eva Mendes Exclusively at New York & Company Paulina peasant blouse, \$50, and golden lariat necklace, \$35,

nyandcompany.com Earthy Chic Boutique organic rutilated quartz necklace, \$1,100, earthychic.net

Eva Mendes Exclusively at New York & Company ICg drane dress \$80 nyandcompany.com

#### 15-Minute Workout: Turbocharge Your Slim-Down

Alo Yoga short, \$52, C9 by Champion singlet, \$20, arget.com **H&M** neon sport top, \$13,

New Balance NB glow 1400 newbalance.com

#### **PUMP IT UP!**

**1.State** crop top, \$98, and skirt, \$118, revolveclothing.com A Peace Treaty Mava magenta scarf, \$278, and Tala Ecru scarf, \$198, apeacetreaty.com AGL 713001 oxford, \$375, shoescribe.com

Aldo Mixer cross-body, \$50, Alexis Bittar cuff, \$295,

Ann Taylor 368520 bracelet, anntaylor com Armani Exchange fringe

crossbody, \$200, armaniexchange.com Asos Harmony sandal, \$86,

asos.com

Barbara Bui Black Bird bag, \$5,055, barbarabui.com CC Skye Hammer and Nail bangle, \$125, and stud hinge cuff, \$185, glamboutique.com Chrissie Morris Ida pump, \$835, matchesfashion.com Citizen Watch fb1348-50e

\$295, citizenwatch.com

Crap Eyewear the human fly peach sunglasses, \$54, and TV Eye in zebra stripes sunglasses, \$58,

crapeyewear.com **Dannijo** Adele cuff, \$595,

Dolce Vita Halton 108604 heel, \$180. dolcevitta.com Elena Ghisellini Liz gradient \$355, elodiek.com Eliza Faulkner Lavoy pant, \$225, elizafaulkner.com Elizabeth and James

Cynnie Sling, \$595, neimanmarcus.com; and Dylan ring, \$375, designsbymillo.com Elizabeth Gillett Piper Painted wrap, \$88, ahalife.com

Elvsewalker Los Angeles Sable suede pump, \$495, fw **Emm Kuo** Calle Bahia cross-body, \$850, 901-275-8784

Eugenia Kim Toyo wide-brim natural fedora, \$350, eugeniakim.com

Fossil Cecile, \$145, fossil.com Fratelli Rossetti loafer, \$690, fratellirossetti.com Furla Metropolis mini cross-body, \$448, and Vertigo

tote \$598 furla com Giles & Brother Mon Amour cuff, \$110, gilesandbrother.com GX by Gwen Stefani Alisa

nordstrom.com

**H&M** necklace, \$15, hm.com **Holst+Lee** fringe necklace, \$255, and On The Beach In Hawaii necklace, \$295, holstandlee.com

Italia Independent Mod.0202 sunglasses, \$197, and Mod.0903CV sunglasses, \$497, italiaindependent.com

Jennifer Fisher Hourglass cuff,

\$1,085, and Pulse ring, \$220, jenniferfisherjewelry.com Jennifer Zeuner Jewelry Odette three-band ring, \$253; Odette spaced three-band ring, \$253; and Miranda ring, \$242, jenniferzeuper.com \$242, jenniferzeuner.com **Just Cavalli** caftan, \$1,060,

Kenneth Cole 10022301 watch, \$85, kennethcoletime.com L.A.M.B. Beberlee heel, \$285. and Gretchen bag, \$340,

Lola Hats Marshmallow Flowers hat, \$225, lolahats.com Matta chambray scraf, \$110,

M.C.L by Matthew Campbell Laurenza Eye Drum (green) ring, \$935, and Evil Eye ring, \$1,095, mcIdesign.net MCM Diamond Visetos pouch, \$430, 212-334-9600

Ministry of Style

Mathematician maxi, \$190, ministryofstyle.com.au Molly Shaheen Mollypack circle fringe bag, \$245.

mollyshaheen com Pamela Love Cosmos necklace, \$250, net-a-porter.com **Pluma** leather link cuff, \$386, pluma-italia.com; and Viti Cuff,

\$402 forzieri com Pretty Ballerinas Ella flat \$299, prettyballerinas.com Rowley Eyewear No.21/ CR6025S, \$109 (available in May), rowleyeyewear.com

Sarah Magid Jewelry Montparnasse bracelet, \$498, sarahmagid.com Senso Dree II flat, \$195, evolveclothing.com

Shop Prima Donna Anatomy cutout cross-body, \$35 shopprimadonna.com Stuart Weitzman Love fringe

pump, \$455. stuartweitzman.com Swatch Deep Berry suuo100 watch, \$90, and Golden Sparkle suok704 watch, \$70,

Theodora & Callum Hilo Tie scarf, \$175 theodoraandcallum.com

Tila March Romy bucket bag, \$695, tilamarch.com Tissot Quickster Football watch, \$450,

us.tissotshop.com Tracy Watts Hats Jagger fedora, \$288, tracywatts.com Velvet Eyewear Ava turquoise lava sunglasses, \$165

velvetevewear com **W.Britt** one- or two-finger ring, \$365, wbritt.com

Wildfox Sun Twiggy Deluxe candy-red sunglasses, \$189, wildfox.com

Zadig & Voltaire Kerry Garden scarf, \$210; Rose Deluxe asymmetrical top, \$405; and Steva Chapeau hat, \$220, zadigetvoltaire.com

#### The Shining

Matthew Williamson by Linda Farrow Gallery Sun Cherry mw117 sunglasses, \$335; Trans Navy mw117 sunglasses, \$335, and Sun Clear kr3 sunglasses, \$360, lindafarrow.com



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# Thrift Shopping

Great for your wallet and for the earth: Replacing a little retail with a bit of resale is just plain smart.

#### **BUYING, SELLING, OR BOTH?**

This guide will get you started.

#### 1 NOT-FOR-PROFIT

BUY: Gap or Forever 21 duds even cheaper, or just something for your next ugly-sweater party

**SELL:** Nothing; donations

#### **2 CONSIGNMENT**

BUY: Designer swag, old and new

SELL: They'll pay you a percentage of the profits of your stuff (usually 40 to 60 percent) after it's sold.

#### **3 RESALE**

**BUY:** Trendy or vintage clothing in season

SELL: Get cash upfront, or consign your items. Bigger bucks go to seasonal items (so, right now, sundresses and shorts).

#### MATTERS

Pop into a thrift store on Monday or Tuesday, when most owners have staged their freshest merch. Plus, you won't have to elbow the weekend crowd for

Source: Beverly Ragon, owner of Fox and Fawn, a resale shop in Brooklyn

#### SEEKAND YOU SHALL FIND...

 Shop stores near ritzier neighborhoods where residents might have donated high-end cast-offs.

 March straight to the back of the store, where the racks are less picked over.

• Use your hands—it's hard to spot good material, but you could feel cashmere buried in there!

#### IS IT WORTH IT?

**THE SITCH:** You don't love every detail, but you could probably alter it. THE VERDICT: If the fix is simple (sewing on a button), take it. If it would require YouTube-ing ("how to shorten sleeves"), skip.

> THE SITCH: It's your usual size but looks small, there's nowhere to try it on, and you can't return it.

> > THE VERDICT: Is it a pre-'80s piece? Add four to your size to figure out your vintage size, says Carrie Peterson, founder of Beacon's

Closet, a New York City resale chain. (Since then, vanity sizing has led to huge discrepancies in how clothes fit.) Next time, shop in leggings and a tank so you can try things on over them.

THE SITCH: You found a vintage Chanel tote! But is it the real deal? THE VERDICT: Designer items will have refined details, says Ragon; cheap hardware and loose linings are red flags. Check where it was made (e.g., Chanel is not "Made in China"), and look for a serial number on the inner tag or on the bag's leather. Got your phone? Google the style name (check inside the bag) for reference.

THE SITCH: Pretty—but what's that smell?

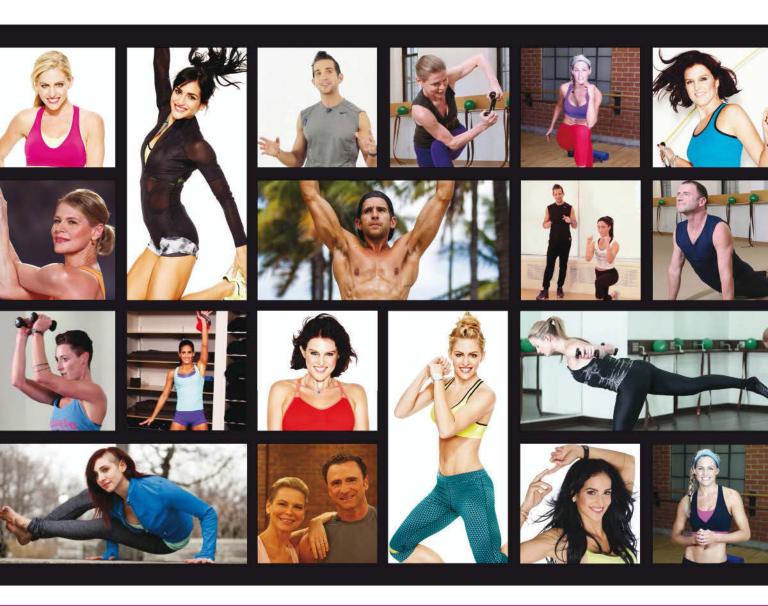
THE VERDICT: If the item's mostly just dusty, hanging it outside for a day will freshen it up. It reeks of mothballs or chemicals? Dry cleaning should help. But if it's musty or has mysterious black and white spots, abort! It could be harboring mold.



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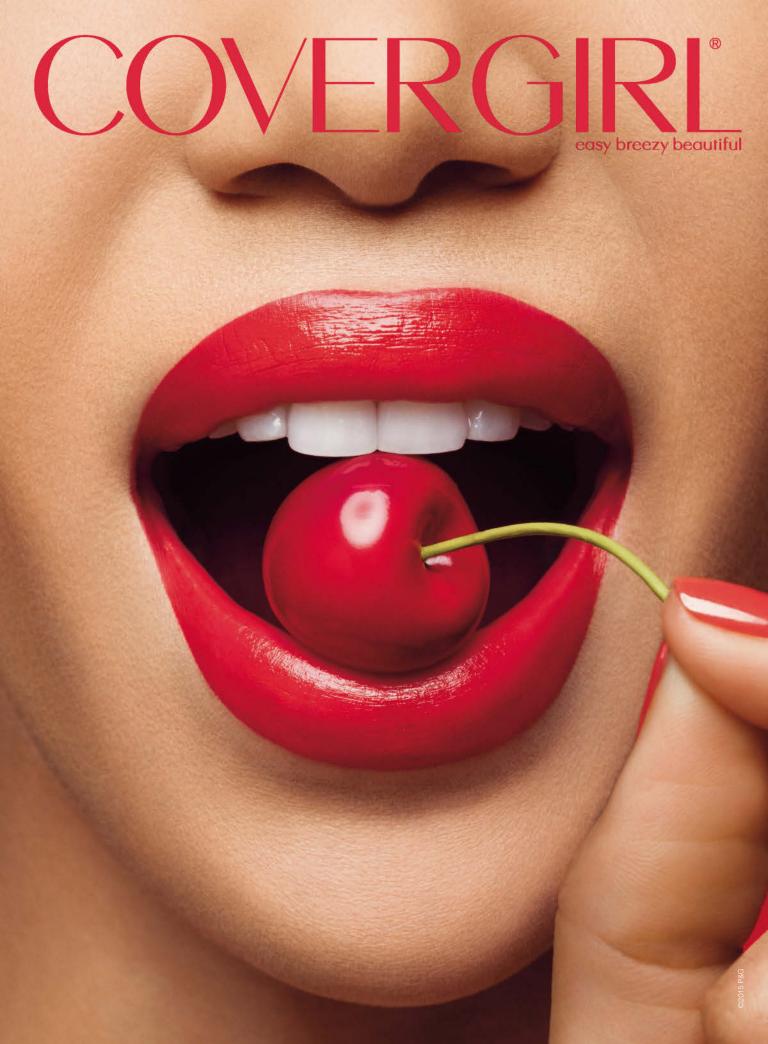




TheNextFitnessStar.com/April

# Women's Health











#### REE MUST-HAVES

RDUNICARE RDONTGONE CARE

What every curly girl needs to spiral into control

blows evenly dispersed air, not softer than terry Ecurls won't frizz or form flyaways," Pefriction that can says hairstylist **严 Tippi Shorter.** with fingers, like Universal Tourmaline Finger Diffuser attachment (\$10, sallybeauty.com), which cradles your curls and

maintains their

shape as they dry.

TOWEL: It's much VIC, COMB: Because a gusts of wind, so cloth or cotton, so 'it won't create cause fuzz. And since it absorbs more water from strands, it helps products penetrate better. Try (2) DevaCurl DevaTowel (\$12, devacurl.com).

WIDE-TOOTH brush spells breakage for curls. We like (3) **Ouidad Double Detangler Comb** (\$26, ulta.com).



#### **FAKEIT**

Not born with bends? Start here.

Suave Professionals Sea Mineral Infusion Moisturizing Body Shampoo and Conditioner (\$3 each, at drugstores) can make texture easier to achieve.



tight, billowing



Springy, corkscrewed, voluminous—basically, African-American locks. "If you watch Scandal, this is similar to Kerry Washington's hair from this season's opening beach scene," explains Shorter. (Non-Scandal watchers, see the model on the previous page.) The downside? These strands also tend to be brittle. So bring on the hydration, please.

#### TAME THEM

1/ Hope you like your shower curtain, because much of the magic happens behind bathroom doors, says Shorter. First, shampoo and condition with creamy, curl-specific formulas. Try OGX Ouenching Coconut Curls (a) Shampoo and (b) Curling Hair Butter (\$8 each, at Walgreens). Comb the latter through hair so it absorbs deeply. "That's crucial since coily curls are fragile and prone to

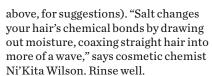
breakage," says Shorter.

2/If your hair is on the fine side, rinse completely. Everyone else, leave some of the conditioner on your strands (hair should feel a little slippery). "I always keep some conditioner in after cleansing-the result is überhydrated curls with added control," says Ana Paula Cota, a senior hairstylist at Devachan salon in New York City.

3/ Hop out of the shower, and with hair still soaking wet, apply your styling product. "The second this curl type starts to dry, it can frizz. Hitting it immediately with product prevents that," says Shorter. With fine curls, go for a lightweight fluid or serum, like (c) Aveda Be Curly Curl Controller (\$22, aveda.com). Thick and dense types will need the weight of a gel or cream, such as (d) Garnier Fructis Curl Sculpting Cream Gel (\$4.29, at drugstores). Distribute evenly, then wrap hair with a microfiber towel. 4/ After 10 to 15 minutes, unravel the towel, then hold a diffuser over your hair until it's completely dry. "Hovering, rather than scrunching, prevents coils from tightening up even more," says Shorter.

#### **COPY THEM**

1/ Backstage at fashion shows, pros spend hours turning straight hair into a massive mane, but you can score the look at home in about 45 minutes, says Shorter. First, wash with a salt-infused shampoo and conditioner (see "Fake It,"



2/ Squeeze out excess moisture, then apply a volumizing mousse all over for hold and definition. Try (e) John Frieda Frizz Ease Curl Reviver Mousse (\$7, at drugstores).

3/ Pick up some bendy rollers—we like (f) Salon Care Soft Rollers 10 Pack (\$9, sallybeauty.com). Wrap small, one-inch sections of hair around each rod (you'll need about seven to 15 rods for your whole head), then roll them vertically toward your scalp. Bring both ends of the rod together, twisting so they're anchored.

4/ Use your diffuser for about 30 minutes or until hair is totally dry. Remove the rods, shake curls out with your fingers, and spritz on hair spray for hold.





give it a whirl!

On Instagram, a search for #curlyhair pulls up nearly 8 million photos (#straighthair yields a mere 3 mil).
Join the fun: Insta before-and-after pics of your coils, tagging @WomensHealthMag and #CurlyHairContest, and you could win every product in this story!

NO PURCHASE NECESSARY TO ENTER OR WIN. Void where prohibited. Contest ends 4/21/15. Must be 18 or older and legal resident of 49 US or DC (excludes AZ, PR, and CAN). For Official Rules, go to: womenshealthmag.com/curlyhaircontest. Sponsor: Rodale Inc., 400 S. 10th St., Emmaus, PA 18098-0099.



In other words: "I ney're like Shakira's curis," says Cota, who adds that the majority of her clients request this type of spiral. (Editor's note: If sharing a hair type with Shakira doesn't convince you to love your loops, we don't know what will.)

#### **TAME THEM**

**1/** Wash with a moisturizing shampoo and conditioner. Try Carol's Daughter Black Vanilla Moisture and Shine (a) Shampoo and (b) Conditioner (\$22 for the set, target.com). Comb through, then rinse well.

2/ Squeeze out water with a microfiber towel, then apply your styler. "On thick hair, use a cream, which calms frizz but leaves hair a little disheveled," says Shorter. We like (c) Herbal Essences Totally Twisted Curl Define & Hold Crème (\$5, at drugstores). If hair's fine, rub a light serum, like (d) Living Proof Style Lab Satin Hair Serum (\$29, at Sephora), between your palms; work it through ends first, underlayers next, then outerlayers and crown.

3/ Lean your head to the side, then, with your blow-dryer pointing up, place hair in the diffuser and press upward; repeat all around your head until hair is fully dry. Tousle for a more lived-in effect.

/Shampoo and condition hair, using the products in "Fake It" (page 4). Rinse. 2/ Work a curling mousse through damp hair, then blow-dry until about 80 percent dry. Try (e, previous page) Pantene Pro-V Curl-Defining Mousse (\$6, at drugstores). 3/ "Curling irons make this type of coil look too man-made," says Cota, so do pin curls instead. Separate hair into four quadrants: supper- and lower-left; upper- and lowerright. Then divide each into three sections, and roll each section around your finger and down to your scalp. Crisscross two bobby pins to secure. We like (f, previous page) Goody Skinny Bobby Pins (\$3, at drugstores); they're snag-free.

4/Blow-dry for 10 to 15 minutes, then let sit for at least 30. (Why? While heating creates the curl, it's the cooling-off phase that locks it in.) Release and shake.



An S-shape is the most common curl typeand also the most stubborn: fuzz-prone on top, straighter underneath. "Its enemies are frizz and flatness all rolled into one," says Cota. Natural waves don't get the total shaft, though: They're loaded with surfer-girl sex appeal and shine. Since wavy strands are less intertwined than super-curly ones, "oils can better reach the ends and reflect light,"



#### TAME THEM

1/ Choose a shampoo and conditioner with "nourishing" or "smoothing" on the label. Try Dove Advanced Hair Series Quench Absolute Ultra Nourishing (a) Shampoo and (b) Conditioner (\$5 each, at drugstores). "Moisture loss is what makes ends dry and waves undefined, so you need to rehydrate," says Elizabeth Cunnane, a trichologist at Philip Kingsley Clinic in New York City. Lather, rinse, then apply conditioner and comb through. Rinse well.

2/Blot hair with your microfiber towel ("excess water plus product is a recipe for weighed-down waves," says Cota), then work a curl-enhancing gel evenly from roots to tips. "Gels with vinylamine/ vinylformamide copolymer help lock a curl or wave in place and prevent frizz in high humidity," says cosmetic chemist

TheBeautyBrains.com. Try (c) Kérastase Couture Styling Curl Fever Gel (\$37, at salons).

3/ Diffuse-dry your hair, scrunching upward to give shape to straight pieces.

#### COPY THEM

1/ Shampoo and condition hair, using the products in "Fake It" (page 4). Rinse. 2/ Squeeze out excess water. If hair is medium or thick, spread a curling mousse evenly from root to tips; try (d) Redken Curvaceous Waves Ahead texturizing mousse (\$19, at salons). If hair is fine, spray on a sea-salt mist like (e) L'Oréal Paris Advanced Hairstvle Txt It Tousle Waves Spray (\$5, at drugstores).

3/ Flip your head over, and blow-dry hair with a diffuser while finger-tousling. Then wrap small, various-size sections of hair around a 11/2-inch iron, curling in random directions; tug on the strands to loosen.



**SELENA GOMEZ** 

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Research shows that a build-up of mineral impurities weakens hair's core over time. Pantene's powerful Pro-V formula contains Histidine, which penetrates deep into your fiber's core to help deactivate mineral damage. Plus, Pantene's new anti-oxidant technology helps prevent the build-up of minerals, and advanced conditioning technologies strengthen against damage. Pantene takes hair from dry and run-down to silky smooth by repairing the signs of styling damage in one use.



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strength against damage; Pantene shampoo + conditioner system vs. the shampoo alone. \*shampoo and conditioner system vs. non-conditioning shampoo.





the line somewhere too.

10

1/SCRIBBLED METALLIC

If you're going for delicate and refined, Soon likes neutral-on-neutral color (such as beige nails with gold tips). For something a little sexier, try ripe guava with shimmering rose gold jotted along the tops (paint it on, then use a clean eyeliner brush to swiggle the color down). It's the manicure version of a Miami vacation—rich and rebellious. Base: OPI Nail Lacquer in Aloha From OPI, \$9.50, ulta.com

Tips: Marc Jacobs Hi-Shine Nail Lacquer Enamored in Le Charme, \$18, sephora.com





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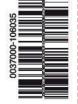
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### YOUR GLOSS-ARY

First stop: your skin tone, which determines the shades that work best. Next? Your desired shine level. For a satin finish, go with gel lipstick. A gloss-balm steps it up a notch, offering a buttery glaze.

Traditional gloss is wet-looking, while a lacquer provides a dramatic vinyl effect.



Beauty Innovator: Dermatologist Whitney Bowe on...

## ANTI-AGING TWEAKS

IN 2015, WOMEN want to look like the best versions of themselvesnot overly plumped or pinched. The good news is that among the cutting-edge tools and technologies we have to help take control of the aging process, there are now great options that give subtle, natural-looking results without a lot of downtime. In other words, small, minimally invasive treatments that can help stave off major wrinkles and sagging. Here are a few ways to look your most youthful and refreshed.

#### PLUSHER LIPS

No more duck face! Restylane Silk is the first filler designed and specifically FDA-approved for not only the lips themselves but also the lines around the upper lip that can look like a bar code. Until now, they've been notoriously difficult to treat without making the mouth look swollen. With Restylane Silk, the plumping molecules are so much smaller than those in regular Restylane: Think sand grains versus pebbles. Lips don't look bigger, just healthier and smoother. It costs approximately \$750 and lasts about six months. Plus, since Restylane Silk has an anesthetic built right in, it's more bearable than the lip injections of old.

#### DEFINED CHEEKS

Smile lines form when the bone, muscle, and fat of the cheeks thin out—something that can happen as early as your late twenties. A new approach, Sculptra (a poly-L-lactic acid filler), is put into the upper cheekbone area to pull and lift the

skin back into place. The catch: Since the filler triggers the body to replace lost collagen, results may not be obvious for about three months. With yearly maintenance, its effects last two to three years.

#### **TONE AND**

Each vial costs around \$900.

Fraxel DUAL, a fractional thulium laser, creates this deliberate tic-tac-toe board of baby wounds in the skin, stimulating the body to heal itself and grow new collagen. It repairs sun-damaged skin by improving fine lines, decreasing pore size, obliterating brown spots, and making the skin smooth and glowy. And now there's new data showing

this laser can also prevent skin cancers from forming.

In light of these findings, some physicians are using the laser primarily to treat visible precancers. Other doctors, myself included, use the Fraxel DUAL mainly for anti-aging purposes, with the added benefit to skin's overall health. You'll need three treatments, spaced six weeks apart (at \$550 to \$900 each).

#### SHAPELY BROWS

Lots of women in their twenties and thirties whose brows tend to slope downward are coming to me for injectable brow reshaping (starting at around \$400). By filling the area with bits of neurotoxins, like Botox and

Dysport, I can make some muscles weaker and others stronger, creating a beautiful arch to the brow. It's also very uplifting for those with heavy or hooded upper lids. Results last up to four months.

#### A STRONGER JAWLINE

I rely on two devices to help shore up sagging skin under the jawline and at the bottom of the neck. The first, Ultherapy, uses ultrasound waves to tighten tissue that's very deep down, above the muscle. It can be uncomfortable, like little zingers. Thermage CPT uses radio-frequency energy-a different type of wavelength that doesn't penetrate as deeply and is less painful. I find that Ultherapy works better for those with thicker, oily skin, and Thermage CPT for people with thin, delicate skin. The cost is around \$2,000 to \$3,000 for the lower face, jawline, and neck.

## 

#### PRE AND POST

To thwart blackand-blues, speed healing, and keep skin looking younger longer, follow these protocols.

#### **FILLERS AND BOTOX**

Before: Two weeks prior, stop taking meds and supplements (such as ginkgo biloba and ginseng) that can thin the blood. After: For 24 hours, avoid alcohol, heavy exercise, and raising your blood pressure. And no rubbing!

#### **TIGHTENING TREATMENTS**

Before: Half an hour prior, take ibuprofen or Valium (ask your doc) to curb discomfort.

After: Pop one Arnika Forte capsule-arnica and bromelain-twice daily for three days to quell bruising.

#### **LASER RESURFACING**

Before: Lay off irritating skin treatmentsretinoids, acids, benzoyl peroxide—for a week. After: Use nonexfoliating cleansers, repeatedly apply light moisturizers, and avoid sun exposure.

#### Résumé: Whitney Bowe, M.D.

- Board-certified dermatologist in New York City and Briarcliff Manor, New York; drwhitneybowe.com
- Clinical assistant professor of dermatology at the Icahn School of Medicine at Mount Sinai
- Clinical researcher for universities and cosmetic brands, and author of more than 30 medical articles and book chapters



"I'LL NEVER LOOK BACK, I WILL JUST LOOK YOUNGER."

Now with more
vitamins than
the leading
prestige moisturizer.

New Olay
Total Effects 7-in-One,
from the world's #1.
In just 4 weeks,
skin looks up to
10 years younger.



YOUR BEST BEAUTIFUL™



# BEAUTY EXPERTISE: HAIR THAT WOWS

Professionals swear by **Pantene's Expert Collection**, rigorously developed to leave your hair at its healthiest, shiniest and most beautiful, 365 days a year.
Exceptional beauty, and nothing less.
Below are 5 facts for getting gorgeous hair that shines.

## SMOOTH AS SILK

The Pantene Expert Collection's powerful Triple Amino Complex

fights humidity and damage while sealing in hydration for super-smooth, velvety soft locks.



Blow-dryers, flat irons, and curling irons can cause major damage. Guard your sensitive strands with **Pantene** Expert Dry Defy Velvet Crème Infusion for smooth, frizz-free and shiny hair.



A small amount of **Pantene Expert Fade Defy Color Magnifying Gloss** goes a long way in creating luxuriously shiny hair. Seal the hair cuticle, guard against daily damage... and glow.





STRONG AND BEAUTIFUL

Hair is at its most fragile when wet, so treat it with extra TLC. Use a wide-tooth comb to detangle in the shower.



Pantene's Expert Fade Defy Line

contains a histidine in the Shampoo and Conditioner, which acts as an antioxidant, protecting against oxidation and damage.

Fade Defy Vibrant
Color Shampoo and
Conditioner before
your next color
treatment for more
intense, radiant
color from day 1.\*

\*with system use vs. low-conditioning non-antioxidant system.



# HAIR CARE'S VIOLETION\*

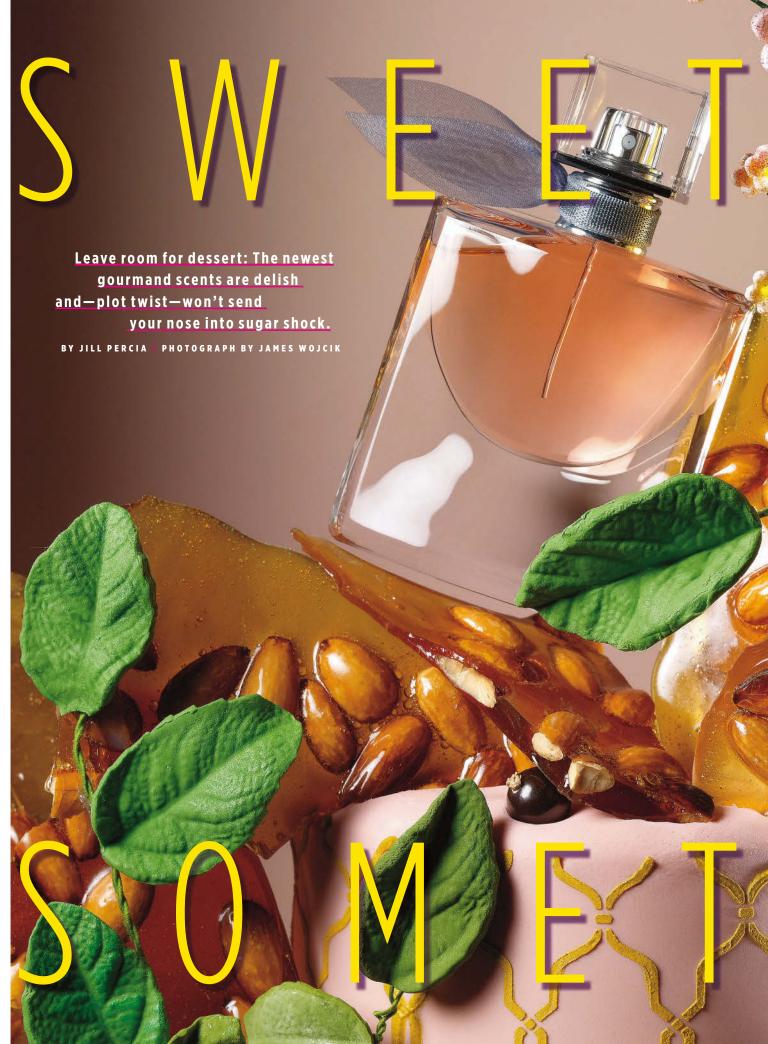


Pantene's Expert Collection not only helps restore smoothness and shine, but helps erase damage in just one wash.

## PANTENE E X P E R T

\*Magazine awards in 2013 from top US print publications with award programs.







# SWEET + WOODS OR HERBS

It's all about the base. Smoky woods and smooth ambers are bottom-heavy, tend to linger, and bring confectionary notes down to earth, says Majoullier. The latest blends are like treating yourself to tiramisu over a crackling bonfire. Earthy botanicals, like patchouli or vetiver, work in the same way. TRY: Viktor & Rolf Bonbon (\$115, at Saks Fifth Avenue; below), which marries caramel and cedarwood. Or Lancôme La Vie Est Belle Eau De Parfum Spray (\$62, lancomeusa.com; in photo at left), a praline and patchouli essence with a hint of iris.



perfumers would blend sugary notes with fruits like melons. (Flashback to sixth-grade sleepovers.) Now they're reaching for the tarter produce. and it smells like a much-needed vacation. "They're tangier, so they balance out the sugar, and they add a fun, tropical feel, too," explains Murphy. TRY: Estée Lauder Bronze Goddess Eau Fraiche Skinscent (\$65, esteelauder .com), laced with vanilla, lemon, and mandarin.

#### MICHAEL KORS WHITE

#### GOOD ENOUGH TO EAT

Hungry yet? We had the world's top chefs whip up desserts inspired by these perfumes. Dig in to their delectable recipes at WomensHealthMag .com/fragrances.\*

florals like gardenia, tuberose, and jasmine impart sensuality to sweet notes because they have a carnal quality—a bit dirty but sexy," says Murphy. TRY: Michael Kors White Eau De Parfum (\$88, michaelkors.com). This scent combines the three flowers above with tonka bean, which "has an almond-like nuttiness," says Majoullier. "The French put it into their cakes to add richness and depth."

A pinch from the sea subtracts more than it adds. Oceanic eaus "cut into the sweetness, giving the fragrance an abstract, salty feel," savs Murphy, Add warm, sunny florals and you've just bottled the first 75°F day of the year. TRY: Maison Martin Margiela Replica Beach Walk (\$125, sephora.com). a blend of pink pepper, heliotrope, and coconut.

#### REPLICA

BRONZE GODDESS

ESTĒE LAUDER

REPRODUCTION OF FAMILIAR SCENTS AND MOMENTS OF VARYING LOCATIONS AND PERIODS

#### Originally:

.... Beach Walk

Provenance and Period:

..... Calvi, 1972

Fragrance Description: Sun kissed salty skin.

Style Description:

... Female fragrance ...

Maison Martin Margiela PARIS

Chocolate walks into a bar and meets alcohol. Instant power couple. Booze "ages" the candy, essentially heating it until the scent swells and gets all nice and lush. (Think of berries simmering in a pot.) TRY: Guerlain Elixir Charnel Gourmand Coquin Eau de Parfum (\$260, at Nordstrom). It's a cocktail of cocoa bean andyum-rum. ■



\*MEET YOUR PASTRY CHEFS: Tammy Alana, Alizé at the Top of The Palms, Las Vegas; Dana Cree, Blackbird, Chicago; Kate Jacoby, Vedge, Philadelphia; Michelle Karr-Ueoka, MW Restaurant, Honolulu; Tiffany MacIsaac, Buttercream Bakeshop, Washington, D.C.; Christina Tosi, Momofuku Milkbar, New York City



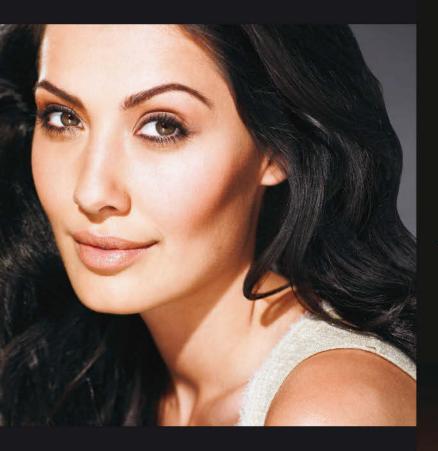
"I WANT MOISTURE THAT LASTS – AND LASTS."

Ultra Moisture
Body Wash's rich
lather cleanses and
replenishes skin with
long-lasting moisture.

Olay leaves 100% more moisturizers on skin than Dove Deep Moisture Body Wash, for superior moisturization with continued use. Your best beautiful skin begins in the shower.



YOUR BEST BEAUTIFUL™



It's in the hair. **Clairol Age Defy** transforms you, one strand at a time, into the most beautiful, youthful version of yourself.

#### **EVERYONE'S RAVING**

Clairol Age Defy is powerfully formulated to saturate every strand with gorgeous color. Plus, in-box conditioner for a boost of **hydration** and **shine**. Like magic, but prettier.

"My hair looks radiant and shiny."—Juana T.

#### **ADVANCED COLOR SYSTEM**

Super-stubborn greys? No problem. Clairol's pre-treatment **smoothes the hair cuticle**, turning your mane into a canvas where **luminous color** can penetrate each and every strand. Then the Pantene  $\text{Pro-V}^{\text{TM}}$  Colorseal Conditioning Therapy helps **seal in color** and **delivers silky shine**.

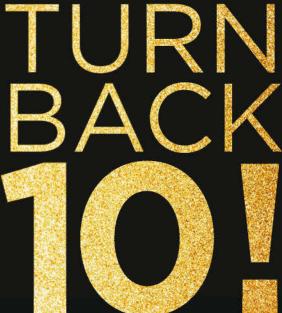
"Covered all my greys!"—Bianca G.

#### **LOOK 10 YEARS YOUNGER\***

The result: 100% grey coverage, brilliant color and lustrous locks. Look and feel fantastic. Glow.

"I look young again."—Christine T.

\*Vs. untreated hair.



HOW TO GET SHINY, VIBRANT HAIR THAT LOOKS (A DECADE!) YOUNGER NOW!\*











The easiest route to a radiant, less-lined complexion is smack-dab in front of your face. Round of applause for the mega-moisturizer.

By Kayleigh Donahue Hodes

Photograph by Marilyn Minter

Illustration by Kelly Thompson

#### DRY» SPELLS

"Think of your skin as a sponge— when soaked with hydration, it temporarily plumps and expands," says dermatologist Jeannette Graf, M.D. But dehydration can work just as fast. Skip your cream and this is what can happen in as little as 24 hours:

1/ Skin that's already prone to dryness will get sandpapery especially where dead skin cells cluster, like around the nose.

2/ Days later, flaking and lines may pop up around your eyes, where skin is thinnest.

3/Lips can begin to chap like it's the middle of winter— even if it's 80° F out. "Most of us breathe through our mouths while we sleep, so skipping a moisturizer before bed can cause dry lips year-round," says dermatologist Jill Waibel, M.D., owner of Miami Dermatology and Laser Institute.

4/ If your skin is sensitive, cheeks may take on a perma-flush. "Dehydration leads to inflammation and redness," says Waibel.

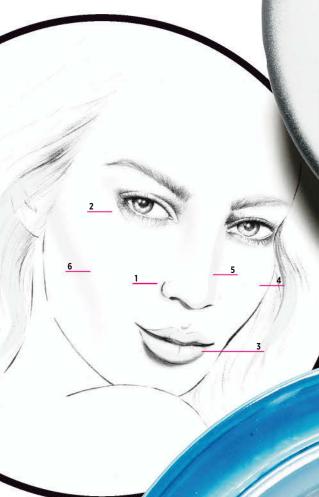
5/Fast-forward a few weeks, and suddenly pores can turn into potholes. "When you slow the production of elastin and collagen, pores loosen and can appear enlarged," says Graf.

6/ You may now have a "compromised barrier"—when skin's protective layer can't replace lost moisture.

THE HUMBLE MOISTURIZER is ready to humblebrag. Once as basic as a white T, the new breed is high-tech and loaded with skin-smoothing extras. Meaning: It's pretty much the simplest wrinkle fix around. "Those fine dehydrated lines you see?" says Emma Guttman, M.D., an associate professor of dermatology at the Mount Sinai School of Medicine in New York City. "Those will eventually get deeper and become permanent wrinkles without proper moisture."

Despite this, a Mintel report shows that less than half of us use facial moisturizer, with a mere 22 percent slathering at night, when skin can be at its thirstiest and most reparative. Plus, irony of ironies: Many of the anti-agers we're all dousing on to combat wrinkles may be slowly sucking out any moisture we had to begin with. And let's be clear—we're not just talking about parched skin. All types need to apply.

Here's where things start looking up: The latest moisturizers come in all sorts of textures, so there's something for everyone. (Oily skin? Some formulas even battle grease. Mind. Blown.) They soak in fast, help you tolerate potent ingredients already in your regimen, and—unlike so many anti-agers that take *forevs* to work—get crackin' ASAP. To make it plain and simple: You need these multitaskers in your life.



#### THIRST QUENCHERS

With the right moisturizer, fine lines soften, skin texture smooths, and your face reflects more light, "so cheekbones will even look higher," says dermatologist Francesca Fusco, M.D. Find your skin type below, pick one (or more) of the products, and drink up!

How about less time patting yourself on the back for well-behaved skin and more QT with a serum? You folks need to maintain and enhance.

**HYDRATING SERUM:** They're packed with high levels of active ingredients. Chanel Hydra Beauty Micro Sérum (\$110, chanel.com) boasts microfluidics technology. "The microdroplets bind with skin for continuous hydration over time while attracting water to skin for

an immediate plumping effect," says Waibel. Slather on in the morning.

**SOUPED-UP NIGHT CREAM: "It's** important that normal types still replenish their skin at night using something a little richer than a morning serum so their barrier remains strong," says dermatologist Debra Jaliman, M.D. Aveda **Botanical Kinetics Hydrating** Soft Crème (\$40, aveda .com) has cupuaçu butter and Salicornia herbacea. a plant believed to stimulate skin cells' water channels to help them absorb as much moisture as possible, "Apply

your night cream all over after using retinol to prevent skin from drying out from the potent anti-ager," she says.

**OIL WITH BENEFITS: Not a** cream fan? Caudalie Premiere Cru The Elixer (\$99, us.caudalie.com) is a fluid mix of jojoba, grapeseed, and coriander oils, plus the antioxidant resveratrol-great for p.m. to top off your skin's antioxidant reserves, savs NYC dermatologist Joshua Zeichner, M.D., an assistant professor of dermatology at Mount Sinai School of Medicine.

Knock, knock. Who's there? The booby prize for fussiest skin-barrier function! The hydrators here incorporate all of the missing links to repair your outer layer and soothe any lingering redness or inflammation.

FATTY-ACID BOOSTER: "Sensitive skin often doesn't have enough fatty acids, which will help protect your already fragile barrier function," says Jaliman. After cleansing, a dab of an omega-laced liquid will help restore these lipids. Try Fresh Seaberry Skin Nutrition Booster (\$45, available in April at fresh.com), which applies like a toner and contains calming camellia seed oil. "It's light yet rich. Use it alone or mix a few drops into your lotion," says Fusco.

**CALMING SERUM:** You can use the same one day and night—just make sure it contains hyaluronic acid, which "can be soothing as well as hydrating," says Zeichner. Try Givenchy Hydra Sparkling Sap Serum (\$67, sephora.com), which also contains Mukul, a gum resin with anti-inflammatory properties, says Fusco.

**OVERNIGHT MASK:** "Look for ones with ceramides, which help strengthen your barrier," says Zeichner. Avon Anew Clinical Overnight Hydration Mask (\$30, avon.com), has ceramides as well as an encapsulated hyaluronic acid, so the product "will penetrate deeply," says Fusco.

You know your way around a jar of face cream. But these new formulas might revolutionize your routine—there's not a thick, gloppy one in the bunch.

RICH DAY CREAM: Yours is the skin type most in need of an intense moisturizer in the morning. With glycerin, hyaluronic acid, and olive oil extract, Neutrogena Hydro Boost Gel-Cream for Extra Dry Skin (\$19, neutrogena.com) "has the moisturizing power of a cream but absorbs like a gel," says Waibel. In other words, it sinks in like that.

HYDRATING ANTI-AGER: Buddy up with peptides, says Jaliman. They stimulate collagen production but aren't likely to irritate dry skin like retinol can. Jaliman likes new SkinCeuticals Metacell Renewal B3 (\$110, skinceuticals.com), which blends wrinkle-easing tripeptide with high concentrations of spot-fading niacinamide and skin-quenching glycerin. "You can use it all over as a combination night hydrator and anti-ager," says Jaliman. "Or layer it under a more traditional night cream as an extra hit of moisture."

**OVERNIGHT MASK:** They're the deep conditioners of skin care—reach for a mask once a week and wear it all night long, says Jaliman. "Your skin cells are in recovery mode as you sleep, so you're delivering these ingredients that not only hydrate but also repair the skin," she says. Olay Regenerist Luminous Overnight Mask (\$26, olay.com) combines glycerin and vitamin E with spot-enemies niacinamide and mulberry root extract

# OILY/ACNE PRONF

Sorry not sorry: People with oily skin aren't off the hook. "Oil production and hydration are two separate issues—and a lot of people don't understand that, so they avoid moisturizing products," says Zeichner. Get your fix without getting greasy.

MOISTURIZING-MATTIFYING

GEL: How's that for an oxymoron? These little

geniuses mix botanicals that sop up oil with nongoopy, nonclogging humectants like squalene and hyaluronic acid. Estée Lauder Clear Difference Oil Control/ Mattifying Hydrating Gel (\$50, esteelauder.com) 'contains oil-absorbing brown kelp to help prevent breakouts," says Fusco.

**NIGHT CREAM WITH LINOLEIC ACID:** Acne-prone skin has been shown to be deficient in this specific omega-6, says Zeichner, and studies prove the ingredient can decrease the size of a pimple when applied topically. "So a cream that replenishes linoleic acid

will not only help moisturize but can also ease inflammation in breakouts," he says. Find it in Clinique Repairwear Sculpting Night Cream (\$65, clinique.com), also laced with collagenpumping peptides.

OIL-MINIMIZING OIL: Yes, you read that right: Certain oils can actually help tame slick skin while hydrating, like the camellia oil in Tata Harper Beautifying Face Oil (\$48, tataharperskincare.com). "These are good for people who are looking for a product that's more natural-feeling than a lotion or a cream," Zeichner savs. 1

#### MINIMALIST MANICURES

Our iPhone camera roll doesn't lie: We love us some nail art. But that's precisely why short, clean, unadorned nails feel so standout fresh, especially in spring, says manicurist April Foreman. Buff nails weekly to smooth ridges and add shine. Or fake the effect with Orly BB Crème (\$15, orlybeauty .com); the peachy hue you see here will brighten, not tint, nails. Neaten cuticles by pushing them back, and slick on a nongreasy hand cream after every time you wash. Try H2O+ Sea Results Anti-Aging Hand Cream, \$18, h2oplus.com.



INGS THAT SHOULD
BE HAVING A MOMENT

### HIGH-SHINE HAIR

We've been root-deep in mattified strands for so long that we did a triple take when we spotted a passerby's glossy locks. Simply put: "Shine makes anv style look richer." says hairstylist Guido Palau. Get gleaming with regular trims (every eight to 12 weeks) to keep ends from fraying, and add a hydrating oil to your regimen. Redken Diamond Oil Shatterproof Shine is light enough for fine strands (\$40, redken.com); coarser types do well with Moroccanoil Treatment (\$34, moroccanoil.com). Rub a dime-size drop between palms and work it through damp hair, mid-shaft to ends, says

hairstylist Jen Atkin.

We can't believe these awesome ideas are not major right now. Try, snap, taglet's get 'em trending.

BY JOLENE EDGAR



#### CLEANSING CONDITIONERS

Unlike classic shampoos, which generally use detergent-like sulfates to remove dirt and oil (and moisture and color as well), cleansing conditioners "rely on cationic surfactants for softening and mild cleaning effects," says cosmetic chemist Jim Hammer. An early version, Wen, has been around since the grunge era; now your local drugstore has the good stuff too. Pantene Pro-V Damage Repair Cleansing Conditioner (\$7, at drugstores) restores smoothness but doesn't make hair feel heavy. Cleansing conditioners are ideal for dry or frizzy hair, says hairstylist Nathaniel Hawkins. If you have oily or superfine locks, sub one in just once a week.

ERIC RAY DAVIDSON (EYES), MAKEUP: STEFANIE WILLMANN FOR CHANEL BEAUTÉ/SEE MANAGEMENT; MATT RAINEY/RODALE MAGES (STILLS), PROP STYLING: ANNIE EDWARDS; HUGH ARNOLD/GALLERY STOCK (MODEL WITH FRECKLES)

KAJAL LINERS

Kaja-what? These eye-defining kohls need

why: Loaded with rich pigments and emollients,

they deposit intense color, and the cone shape

heightens their versatility. Glide the tip along

lashes for Cleopatra-esque sharpness, or turn

are long-wearing and easy to blend," says

Kajal Eyeliner (\$12, at drugstores).

the bullet on its side for smudgy shadow. "Kajals

makeup artist Joanna Schlip. We like Physicians

Formula Shimmer Strips Eye Enhancing Kohl

to become a household term, and here's

PHYSICIANS FORMULA



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Pair it up with your smartphone and count every step to becoming a better you. And visit the TELUS Learning Centre to get all your questions answered, so you can make the most out of your fitness tracker.

To get started, visit a TELUS store or telus.com/betteryou

